

# NO BODY (But Yours)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Mary Lou Lane (USA) - January 2023  
音樂: No Body - Blake Shelton



Intro: 16 count intro – start on lyrics  
Easy Restart & Tag

## SHUFFLE R SIDE, ROCK RECOVER – SHUFFLE L SIDE, ROCK RECOVER

1&2            Step right to right, step left next to right, step right to right  
3-4            Rock back on left, recover right  
5&6            Step left to left, step right next to left, step left to left  
7-8            Step right back, recover left

(Restart on wall 2 after first 8 cts)

## KICK BALL CHANGE, DIAGONAL RIGHT X2, WALK RIGHT, WALK LEFT, SHUFFLE R FWD

1&2            Kick R forward diagonal, Step R next to L, Step L next to R  
3&4            Kick R forward diagonal, Step R next to L, Step L next to R  
5-6            Walk R diagonal, Walk L diagonal  
7&8            Step R forward, Step L together, Step R forward

## KICK BALL CHANGE LEFT DIAGONAL X2, WALK LEFT, WALK RIGHT, SHUFFLE L FWD

1&2            Kick L forward diagonal, Step L next to R, Step R next to L  
3&4            Kick L forward diagonal, Step L next to R, Step R next to L  
5-6            Walk L diagonal, Walk R diagonal  
7&8            Step L forward, Step R together, Step L forward

## HIP BUMPS RIGHT & LEFT, ¼ TURNING JAZZ BOX

1&2            Touch R toe forward, bump hips R, Drop R heel (take weight)  
3&4            Touch L toe forward, bump hips L, Drop L heel (take weight)

(You may substitute hip bumps with toe struts 1,2,3,4)

5,6,7,8        Cross R over L, Step back L, ¼ turn stepping R to R side, Cross L over R (3:00)

End of Dance – Enjoy!!

TAG: 20 Count Tag – after wall 6, facing 6:00 – Jazz Box, Rock fwd R, shuffle back, Rock back L, shuffle forward, 8 ct Jazz Box [Funky Jazz Box]

1-2-3-4        Cross R over L, Step back L, Step R next to left, Step L  
1-2, 3&4        Step R forward, recover left, shuffle back right, left, right  
5-6, 7&8        Step L back, recover R, shuffle forward left, right, left  
1-2-3-4        Step R over L on ball of foot, Drop heel, Step back on L ball of foot, Drop heel  
5-6-7-8        Step to R on ball of foot, Drop heel, Step L over R on ball of foot, Drop heel - RESTART