

With No Body

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jen Michele (USA) - March 2023
音樂: No Body - Blake Shelton



*** WON 2ND PLACE IN PALM SPRINGS WINTER BREAK CHOREOGRAPHY COMPETITION 2023 ***

****2 restarts: wall 2 after 8 counts & wall 8 after 16 counts****

****Tag at the end of wall 5 (4 count tag)****

KICK BALL CHANGE, CHASE ½ TURN, FULL TURN, SHUFFLE FORWARD

1&2 kick right foot forward, step right next to left, step left foot slightly forward (12:00)
3&4 step right foot forward, turn ½ turn left and step forward on left, forward on right (6:00)
5-6 turn ½ turn to the right (stepping back onto the left), continue turning right another ½ and step onto the right foot (6:00)
7&8 shuffle forward on the left (stepping L, R, L) (6:00)

****Restart here on Wall 2 (3:00)(restart happens facing 9:00) ****

SWAY, SWAY, RIGHT SCISSOR, ¼ TURNING LEFT SCISSOR

1-2 sway hips forward on the right diagonal onto the right foot, then recover weight on the left(6:00)
3-4 sway hips back on the right diagonal onto the right foot, then recover weight onto the left (6:00)
5&6 rock weight onto the right foot going out to the right side, step left next to the right, cross right foot over left (6:00)
7&8 rock weight onto the left foot going out the left side, step right next to the left, turn ¼ right as you step left foot forward (9:00)

****Restart here on Wall 8 (12:00)(restart happens facing 9:00)****

STEP, ½ PIVOT, ½ TURNING SHUFFLE BACK, WALK BACK

1-2 step right foot forward, turn ½ turn left bringing weight onto the left foot (3:00)
3&4 continue making another ½ turn to the left while you shuffle back (right, left, right) (9:00)
5-6-7-8 walk back L, R, L and touch or hitch the right

V-STEP, CROSS SHUFFLE, ½ TURN CROSS SHUFFLE

1-2 step right foot forward/out on the diagonal, step left foot forward/out on the diagonal (9:00)
3-4 step right foot back to center, step left foot next to right (9:00)
5&6 cross right foot over left, small step left, cross right over left again (12:00)
7&8 turn ½ turn left as you cross the left over the right, small step right, cross left over right again (3:00)

****Tag at the end of Wall 5 (facing 6:00): KICK CROSS POINT, KICK CROSS POINT**

1&2 kick right foot forward, cross step over the left, point left toe to left side
3&4 kick left foot forward, cross step over the right, point right toe to right side

Email Jen Michele with any questions: dancititoutlinedancing@yahoo.com

Last Update: 21 Jan 2024