

No Body

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Simpkin (AUS) - March 2023
音樂: No Body - Blake Shelton



Intro 16 counts on lyrics

Tag at the end of wall 1 facing 3.00

Tag at the end of wall 4 facing 12.00

Restart after 16 counts on wall 7. Start facing 6.00 and restart 9.00

ROCK R BACK, RECOVER L FWD, TURN 1/4 L, CROSS SHUFFLE, RECOVER R, 1/4 L, 1/2 L LOCK SHUFFLE

1 2 3 Rock step R back, Step L forward, Turn 1/4 L Stepping R to R side (9.00)
4&5 Cross L forward, Step R to R side, Cross L over R (cross shuffle)
6 7 Recover R, Turn 1/4 L stepping on L (6.00)
8 & 1 Turn 1/4 L stepping R to R side, Lock L over R, Turn 1/4 L stepping R back (1/2 shuffle)
(12.00)

L BACK COASTER, STEP R FWD, 1/4 L PIVOT, R BACK COASTER, 1/2 R SHUFFLE

2&3 Step L back, Step R beside L, Step L forward (coaster)
4 5 Step R forward, 1/4 L Pivot (9.00)
6&7 Step R back, Step L beside R, Step R forward (coaster)
8&1 Turn 1/4 R stepping L to L side, Step R beside L, Turn 1/4 R Stepping L back sweep R
around (1/2 shuffle) (3.00)

R SAILOR, L SAMBA, WALK FWD R, L, SHUFFLE FWD RLR

2&3 Step R behind L, Step L to L side, Step R to R side (sailor)
4&5 Step L over R, Step R to R side, Step L to L side (samba)
6 7 Walk forward R, L
8&1 Shuffle Forward RLR

STEP L FWD, 1/2 R PIVOT, 1/2 R, SHUFFLE, ROCK R BACK, RECOVER L, R FORWARD COASTER #, ##,

2 3 Step L forward, 1/2 R pivot (9.00)
4&5 Turn 1/4 R stepping L to L side, Step R beside L, Turn 1/4 R stepping L back (1/2 shuffle)
(3.00)
6 7 Rock R back, Recover L
8& Step R forward, Step L beside R

Tag 1

1 2 3 4 Rock R back, Recover L, R forward, Recover L back (Back rocking chair)
5&6 Step R behind L, Step L to L side Step R to R side (R Sailor)
7&8 Step L behind R, Step R to R side, Step L to L side (L Sailor)

Tag 2 at the end of wall 4 facing 12.00

1 2 3 4 Rock R back, Recover L, R forward, Recover L back (Back rocking chair)

Restart on wall 7 dance starting on the back wall (6.00) Dance the 16 counts to restart on the (9.00 wall). Instead of doing the 1/2 turning shuffle (8&1). After count 7, make 1/2 turn L stepping back on L (8) Then start again.

Last Update - 22 May 2023
