

No Body

拍數: 32 牆數: 4 級數: Improver
編舞者: Arizona FOX (FR) - April 2023
音樂: No Body - Blake Shelton



Intro : 16 counts - 1 restart, 1 ending

Section 1 : Dorothy Step R, Dorothy Step L, Step R Fwd, 1/4 Turn L, Coaster Step R

- 1-2& Step right foot forward diagonally right, Cross left foot behind right foot (lock), Step right foot forward diagonally right
- 3-4& Step left foot forward diagonally left, Cross right foot behind left foot (lock), Step left foot forward diagonally left
- 5-6 Step right foot forward, 1/4 Turn to the left with body weight on the left foot,
- 7&8 Step right foot back, Step left foot next to the right foot , Step right foot forward

Section 2 : Rock Step L, Heel R diagonal R, Heel L diagonal L, 1/4 Turn L, Sailor R Touch

- 1-2& Step left foot forward, Recover body weight on the right foot, Bring the left foot next the right foot
- 3&4& Tap heel right forward diagonal right, Bring the right foot next the left foot, Tap heel left forward diagonal left, Bring the left foot next the right foot
- 5-6 Step right foot forward , 1/4 Turn left with body weight on the left foot,
- 7&8 Step right foot behind the left foot, Step left foot next the right foot, Touch right foot next the left foot

Restart here, wall 7, at 12.00 and ending here, wall 10, at 12.00

Section 3 : Rumba Box Modified R L

- 1&2 Step right foot to the right side, Step left foot next to the right foot, Step right foot forward
- 3&4& Tap heel left diagonal left forward, Bring the left foot next the right foot, Tap heel right diagonal right forward, Bring the right foot next the left foot
- 5&6 Step left foot to the left side, Step right foot next the left foot, Step left foot back
- 7&8 Tap heel right diagonal right forward, Bring the right foot next the left foot, Touch left foot next the right foot

Section 4 : Mambo Step L Side, Mambo Step R Side, Step L 1/4 Turn R, Cross Shuffle

- 1-2& Step left foot to the left side, Recover body weight on the right foot, Bring left foot next the right foot
- 3-4& Step right foot to the right side , Recover body weight on the left foot, Bring right foot next the left foot
- 5-6 Step left foot forward, 1/4 Turn right with body weight on the right foot
- 7&8 Step left foot over the right foot, Step right foot to the right side, Step left foot over the right foot

Tag at the end of the wall 1 at 9.00 : Mambo Side R, Mambo Side L, Touch R

- 1-2& Step right foot to the right side, recover body weight on the left foot, Bring right foot next the left foot
- 3-4& Step left foot to the left side, recover body weight on the right foot, Bring left foot next the right foot
- 5 Touch right foot next the left foot

Tag at the end of the wall 3 at 3.00 : Side Rock R, Touch R

- 1-2-3 Step right foot to the right side, recover body weight on the left foot, Touch right foot next the left foot

Ending: Add 4 counts, during wall 10, after section 2 and facing 12:00

1-2 Step right foot to the right side, Touch left foot next the right foot
3-4 Step left foot to the left side, Touch right foot next to the left foot

ENJOY AND HAVE FUN !!!!!
