

No Body (P)

拍数: 32 墙数: 0 级数: Novice Partner
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音乐: No Body - Blake Shelton



Intro : 16 counts.

Start in Double Hand Hold position, the man facing LOD and the lady facing RLOD.

[1-8] M : 2X (WALK FWD), SHUFFLE FWD, STEP FWD, CROSS TOUCH BACK, SHUFFLE BACK
[1-8] L : 2X (WALK BACK), SHUFFLE BACK, STEP BACK, CROSS TOUCH OVER, SHUFFLE FWD

1-2 M : Walk forward with LR
 L : Walk back with RL
3&4 M : Shuffle forward with LRL
 L : Shuffle back with RLR
5-6 M : Step R forward, cross touch L behind R
 L : Step L back, cross touch R over L
7&8 M : Shuffle back with LRL
 L : Shuffle forward with RLR

[9-16] M : 2X (WALK BACK), SHUFFLE BACK, ROCK SIDE, RECOVER, TOGETHER, SIDE, TOUCH
[9-16] L : 2X (1/2TURN R), SHUFFLE FWD, ROCK SIDE, RECOVER, TOGETHER, SIDE, TOUCH

1-2 M : Walk back with RL
 L : 1/2 turn to right and step L back, 1/2 turn to right and step R forward
*** On count 1, the man let go the lady's R hand and raise her L hand over her head.
*** On count 2, you are now in the Double Hand Hold position.
3&4 M : Shuffle back with RLR
 L : Shuffle forward with LRL
5-6 M : Rock L to left side, recover on R
 L : Rock R to right side, recover on L
&7-8 M : Step L together R, step R to right side, touch L together R
 L : Step R together L, step L to left side, touch R together L

[17-24] M : STEP FWD, SIDE TOUCH, CROSS-LOCK-STEP, 1/4 TURN R, CROSS, CHASSÉ to L
[17-24] L : STEP BACK, SIDE TOUCH, SHUFFLE BACK, 2X (1/2TURN R), 1/4 TURN R and CHASSÉ to R

1-2 M : Step L forward, touch R to right side
 L : Step R back, touch L to left side
3&4 M : Cross step R over L, lock step behind R, step R forward
 L : Shuffle back with LRL
5-6 M : 1/4 turn to right and step L to left side, cross step R behind L
 L : 1/2 turn to right and step R forward, 1/2 turn to right and step L back
*** On count 5, the man let go the lady's R hand and raise her L hand over her head.
7&8 M : Chassé to L with LRL
 L : 1/4 turn to right and chassé to right with RLR
*** On count 7, you are now in the Double Hand Hold position.

[25-32] M : WEAVE to L, 1/4 TURN L STEP FWD, SHUFFLE FWD, STEP FWD, TOUCH
[25-32] L : WEAVE to R, 1/4 TURN R, 1/2 TURN R, SHUFFLE BACK, STEP BACK, TOUCH

1&2 M : Cross step R behind L, step L to left side, cross step R over L
 L : Cross step L behind R, step R to right side, cross step L over R
3-4 M : 1/4 turn to left and step L forward, step R forward
 L : 1/4 turn to right side and step R forward, 1/2 turn to right and step L back
*** On count 3, the man let go the lady's L hand and raise her R hand over her head.
*** On count 4, you are now in the Double Hand Hold position.

5&6 M : Shuffle forward with LRL
L : Shuffle back with RLR
7-8 M : Step R forward, touch L together R
L : Step L back, touch R together L

Tag 1 : At the end of the first repetition, add these 8 counts :

[1-8] M : ROCKING CHAIR, STEP FWD, CROSS TOUCH BACK, COASTER STEP

[1-8] L : ROCKING CHAIR, STEP BACK, CROSS TOUCH OVER, COASTER STEP FWD

1-2 M : Rock step L forward, recover on R
L : Rock R back, recover on L
3-4 M : Rock L back, recover on R
L : Rock step R forward, recover on L
5-6 M : Step L forward, cross touch R behind L
L : Step R back, cross touch L over R
7&8 M : Step R back, step L together R, step R forward
L : Step L forward, step R together L, step L back

Tag 2 : At the end of the 4th repetition, do only the first 4 counts from tag 1 (Rocking Chair).

RESTART : At the 7th repetition, do the first 16 counts of the dance and restart from the beginning.

**ENJOY AND HAVE FUN !
NANCY & GUY**

Last Update: 25 Oct 2022
