拍数： 32
壇数： 4
级数：Improver

## 编舞者：Gail Smith（USA）－August 2022

音乐：No Body－Blake Shelton

INTRO： 16 Counts
（LINDI R \＆L）SHUFFLE R，ROCK BACK，REC，SHUFFLE L，ROCK BACK，REC
1 \＆ 2 Step R to side，Step $L$ next to R，Step R to side
3－4 Rock L back，Recover onto R
5 \＆ 6 Step $L$ to side，Step R next to $L$ ，Step $L$ to side
7－8 Rock R back，Recover onto L
＊＊＊＊＊＊＊RESTART here on Wall 2．Happens facing 3：00
WALK FWD R－L，KICK，STEP BACK，COASTER STEP，KICK－BALL－CHANGE
1－2 Step R fwd，Step L fwd
3－4 Kick R fwd，Step R back
5 \＆ 6 Step L back，Step R next to L，Step L fwd
7 \＆ $8 \quad$ Kick R fwd，Step ball of R foot next to L，Step L in place
＊＊＊＊＊＊＊RESTART here on Wall 8．Happens facing 6：00．
STEP，PIVOT 1／2，SHUFFLE FWD， $1 / 2$ TURN， $1 / 4$ TURN，CROSSING SHUFFLE
1－2 Step R fwd，Pivot 1／2 Turn L 6：00
3 \＆ $4 \quad$ Shuffle fwd stepping R－L－R
5－6 Turn 1／2 R stepping $L$ foot back（1200），Turn 1／4 $R$ stepping $R$ foot to side 3：00
7 \＆ $8 \quad$ Step L over R，Step R slightly to side，Step L over R
（3／4 turn Option for those that don＇t do turns．Step $L$ to $1 / 4 L$ and then step $R$ to side）
HIP BUMPS，JAZZ BOX w CROSS
1 \＆ $2 \quad$ Step $R$ to slight fwd $R$ diagonal and bump hips fwd－back－fwd
3 \＆ $4 \quad$ Step $L$ to slight fwd $L$ diagonal and bump hips fwd－back－fwd
5－6 Step R over L，Step L back
7－8 Step R to side，Step L over R

## START OVER

＊＊＊＊＊＊＊TAG－At the END of Wall 5 REPEAT last 4 counts．Happens facing 12：00．
JAZZ BOX w CROSS
1－4 Step R over L，Step L back，Step R to side，Step L over R
Last Update－ 11 Sept． 2022

