

No Body

拍数: 32 墙数: 4 级数: Easy Beginner
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音乐: No Body - Blake Shelton



Start: 16counts

(1) SWAY RIGHT/LEFT, SIDE TOGETHER SIDE, SWAY LEFT/RIGHT, SIDE TOGETHER SIDE

1 - 2 step R sway R, step L, sway L
3 & 4 Chasse step right, step left next to right, step right
5 - 6 Step L sway hips L, step R sway hips R
7 & 8 Chasse stepping L, step right next to L, step l

(2) PIVOT ¼ TURN X 2, JAZZ BOX

1 - 2 Step forward on R and pivot ¼ turn to the left (weight on left) 9 o'clock
3 - 4 Step forward on R and pivot ¼ turn to the left (weight on left) 6 o'clock
5 - 6 Step RF forward across Lf, step back on LF
7 - 8 Step on RF to right side, step LF next to right F

(3) STEP TOUCHES MAKING ¼ TURN TO THE LEFT (3 o'clock)

1 - 2 Step RF right, touch L toe beside RF,
3 - 4 Step LF left, touch right toe beside LF
5 - 6 Step LF 1/8 turn to the left, touch R toe next to LF
7 - 8 Step LF left, touch R toes next to LF

(4) STEP RIGHT, SLIDE LEFT TO RIGHT, STEP LEFT SLIDE F TO RIGHT, ROCKING CHAIR

1-2 Big step R and slide left F to beside R (keeping weight on right foot)
3-4 Big step L and slide right F to beside L (keeping weight on left foot)
5-6 Rock forward on RF, replace weight back on LF
7-8 Rock back on RF, replace weight forward on RF
