

No Body But Yours

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Susan Doyle (USA) & Kathy Brown (USA) - August 2022
音樂: No Body - Blake Shelton



Intro: 16cts.

SIDE STEP RIGHT, LEFT TOGETHER, RIGHT SHUFFLE FORWARD, SIDE STEP LEFT, RIGHT TOGETHER, LEFT SHUFFLE FORWARD

1-2 Step right to side, step left next to right
3&4 Step right forward, step left next to right, step right forward
5-6 Step left to side, step right next to left
7&8 Step left forward, step right next to left, step left forward

RESTART #1

RIGHT FORWARD ROCK, RECOVER LEFT, RIGHT LOCK BACK, LEFT LOCK BACK, RIGHT BACK ROCK, RECOVER LEFT

1-2 Rock forward right, recover left
3&4 Step right back, lock left over right, step right back
5&6 Step left back, lock right over left, step left back
7-8 Rock back right, recover left

RESTART #2

STEP RIGHT 1/4 RIGHT, POINT LEFT, LEFT CROSSING SHUFFLE, STEP RIGHT BACK, STEP LEFT BACK, RIGHT CROSSING SHUFFLE

1-2 Step right 1/4 right, point left
3&4 Cross left over right, step right to side, cross left over right
5-6 Step right back, step left next to right
7&8 Cross right over left, step left to side, cross right over left

LEFT HEEL GRIND 1/4 LEFT, LEFT COASTER, LEFT 1/4 PIVOT, HIP SWAYS

1-2 Tap left heel to side, rotate 1/4 left
3&4 Step left back, step right back, step left forward
5-6 Step forward right, pivot 1/4 left
7-8 Sway right, left

TAG: Jazz Square

Restart #1 – Wall 2 (9:00), dance the first 8cts. and restart from the beginning. (9:00)

Tag - Wall 5, (3:00) dance 32cts. and add 4ct. jazz 12:00

Restart #2 – Wall 8, (6:00) dance the first 16cts. and restart from the beginning. (6:00)

Last Update: 28 Jun 2023