

# With No Body

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Jen Michele (USA) - March 2023  
音樂: No Body - Blake Shelton



**\* WON 2ND PLACE IN PALM SPRINGS WINTER BREAK CHOREOGRAPHY COMPETITION 2023 \***

**\*\*2 restarts: wall 2 after 8 counts & wall 8 after 16 counts\*\***

**\*\*Tag at the end of wall 5 (4 count tag)\*\***

## **KICK BALL CHANGE, CHASE ½ TURN, FULL TURN, SHUFFLE FORWARD**

1&2      kick right foot forward, step right next to left, step left foot slightly forward (12:00)  
3&4      step right foot forward, turn ½ turn left and step forward on left, forward on right (6:00)  
5-6      turn ½ turn to the right (stepping back onto the left), continue turning right another ½ and step onto the right foot (6:00)  
7&8      shuffle forward on the left (stepping L, R, L) (6:00)

**\*\*Restart here on Wall 2 (3:00)(restart happens facing 9:00) \*\***

## **SWAY, SWAY, RIGHT SCISSOR, rock, turn 1/4 right, step**

1-2      sway hips forward on the right diagonal onto the right foot, then recover weight on the left(6:00)  
3-4      sway hips back on the right diagonal onto the right foot, then recover weight onto the left (6:00)  
5&6      rock weight onto the right foot going out to the right side, step left next to the right, cross right foot over left (6:00)  
7&8      rock weight onto the left foot going out the left side, step over onto the right as you turn 1/4 right, step left foot forward(9:00)

**\*\*Restart here on Wall 8 (12:00)(restart happens facing 9:00)\*\***

## **STEP, ½ PIVOT, ½ TURNING SHUFFLE BACK, WALK BACK**

1-2      step right foot forward, turn ½ turn left bringing weight onto the left foot (3:00)  
3&4      continue making another ½ turn to the left while you shuffle back (right, left, right) (9:00)  
5-6-7-8      walk back L, R, L and touch or hitch the right

## **V-STEP, CROSS SHUFFLE, ½ TURN CROSS SHUFFLE**

1-2      step right foot forward/out on the diagonal, step left foot forward/out on the diagonal (9:00)  
3-4      step right foot back to center, step left foot next to right (9:00)  
5&6      cross right foot over left, small step left, cross right over left again (12:00)  
7&8      turn ½ turn left as you cross the left over the right, small step right, cross left over right again (3:00)

**\*\*Tag at the end of Wall 5 (facing 6:00): KICK CROSS POINT, KICK CROSS POINT**

1&2      kick right foot forward, cross step over the left, point left toe to left side  
3&4      kick left foot forward, cross step over the right, point right toe to right side

Email Jen Michele with any questions: [dancititoutlinedancing@yahoo.com](mailto:dancititoutlinedancing@yahoo.com)

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