

No Body



Choreography: Tina Argyle

Count´s: 64, Wall: 4 / Intermediate

Music/Performer: No Body von Blake Shelton

Information: Count In : 16 counts from very start of track approx 10 seconds in – start with lyrics

Kick & Cross, Kick & Cross. Side Rock Recover. Behind Side Cross

- 1&2 Kick R to right diagonal, step down R cross L over R
- 3&4 Kick R to right diagonal, step down R cross L over R
- 5,6 Rock R to right side, recover
- 7&8 Cross R behind L, Step L to let side, Cross R over L

(&) Cross with Dip, Side Behind ¼ Turn. ½ Pivot Turn, Full Turn (or Walk, Walk)

- &1 Step L to left side, Cross R over L bending knees
- 2-4 Straighten legs stepping L to left side, Cross R behind L, Make ¼ turn left stepping fwd L (9 o'clock)
- 5,6 Step fwd R make ½ pivot turn left onto L (3 o'clock)
- 7,8 Make ½ turn left stepping back R, Make ½ turn left stepping fwd. L (or walk fwd R,L) (3 o'clock)

*** Re-Start here during Wall 5 facing 3 o'clock ***

Rock Recover ¾ Triple Turn. Rock Recover ½ Shuffle Turn

- 1,2 Rock fwd R recover weight onto L
- 3&4 Make ¾ turn right stepping R,L,R (12 o'clock)
- 5,6 Rock fwd L recover weight onto R
- 7&8 Make ½ turn left stepping forward L, close R at side of L , Step fwd L (6 o'clock)

Side Rock Recover & Side Rock Recover. Jazz Box ¼ Turn, Slide Together

- 1,2 Rock R to right side, recover weight onto L
- &3,4 Step R at side of L, Rock L to left side, Recover weight onto R
- 5,6 Cross L over R, ¼ turn left stepping back R (3 o'clock)
- 7,8 Step long step L to left side, Drag and Step R at side of L

TAG:

During Wall 3 here tap R at side of L on count 8 then add 4 counts here - start the dance again from the beginning facing 9o'clock

- 1,2 Step long step R to right side, Drag and Touch L at side of R
- 3,4 Step long step L to left side, Drag and Touch R at side of L

Cross Hold & Behind Hold & Jazz Box Cross

1 - 2 Cross L over R, Hold.

&3,4 Step R to right side, Cross L behind R, Hold

&5,6 Step R to right side, Cross L over R, Step back R

7 - 8 Step L to left side, Cross R over L

*** Re-Start here during wall 1 - on count 8 touch R at side of L - start the dance again facing 3 o'clock ***

L Side Together Shuffle Fwd. R Side Together Shuffle Fwd.

1,2 Step L to left side, Close R at side of L

3&4 Step fwd L close R at side of L step fwd L

5,6 Step R to right side, Close L at side of R

7&8 Step fwd R close L at side of R step fwd R

Step Tap Shuffle Back. ½ Shuffle Turn. 1/4 Chasse

1,2 Step fwd L tap R behind L

3&4 Step back R, Close L at side of R, Step back R

5&6 Make ½ shuffle turn left stepping L,R,L (9 o'clock)

7&8 Make ¼ turn left stepping R to right side, Close L at side of R, Step R to right side (6 o'clock)

L Sailor Step. R Sailor Step. Touch ¼ Turn. R Rock Back Recover

1&2 Cross L behind R, Rock R to right side, Recover onto L

3&4 Cross R behind L, Rock L to left side, Recover onto R

5,6 Touch L toe back, make ¼ turn left onto L (3 o'clock)

7,8 Rock back R, Recover weight onto L

TAG During wall 3 see in step description above

Re-Starts During walls 1 & 5 see in step description above

Ending On final wall take the & cross weave to 12 o'clock crossing R over L. step L to left side