

No Body Cha

Choreographer: Mike & Michelle Seurer 360 8th Street, Fond du Lac, WI 54935 (920)517-1771

Music: Luke Bryant "No Body", download,

Footwork: Opposite, Except as noted

Time 3:07

Phase: III+1(Alemana)

Rhythm: Cha-Cha

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SEQUENCE: INTRO ABC A(1-8) BREAK BCD BC ENDING

INTRODUCTION

- 1----4 WAIT;; TIME STEPS;;
1-2 In BFLY/WALL wait 2 meas;;
3-4 XLIB, rec R, sd L/cl R, sd L ; XRIB, rec L, sd R/cl L, sd R ;

PART A

- 1----4 ALEMANA;; NEW YORKER; SPOT TURN;
1-2 Rk fwd L, rec R, sd L/cl R, sd L, rk bk R, rec L, sd R/cl L, sd R (W trn RF undr
jnd ld hnds XLif, fwd R to complete trn if of M sd, sd L/cl R, sd L);
3-4 Trng to LOP thru L, rec R to BFLY, Sd L/cl R, Sd L; XRif start LF turn, fwd L
completing LF turn to fc ptr in BFLY, sd R/cl L, sd R;
- 5----8 BASIC;; SHOULDER TO SHOULDER;;(LEFT HAND STAR) (FIRST TIME ONLY)
5-6 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R;
7-8 Fwd L trng to BFLY/SDCAR, rec R to fc ptr in BFLY sd L/cl R, sd L; Fwd R trng
to BFLY/BJO, rec L, sd R/cl L, sd R to LEFT HAND STAR;
- 9----10 ½ UMBRELLA TURN;;
9-10 fwd L, rec R, bk L/cl R, bk L (W bk R, rec L, fwd R turning ½ LF under joined
hands/cl L, bk R) ;Bk R, rec L, fwd R turning ¼ LF to BFLY WALL/cl L, sd R
(W bk L, rec R, fwd L turning ¼ RF to BFLY WALL/cl R, sd L) ;

BREAK

- 1---- NEW YORKER IN 4;
1- Trng to LOP thru L, rec R to BFLY, Sd L, cl R

PART B

- 1----4 BASIC;; TWIRL 2, CHA; WRAP UP, BK CHA (LOD);
1-2 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R;
3-4 Sd L, XRIB, sd L/cl R, sd L; (W twirl RF); Holding both hands, sd R,
XLIB, bk R/cl L, bk R; (W twirl LF to WRAPPED pos fc LOD);
- 5----8 WALK 2, CHA; WALK 2, CHA; CIRCLE CHA;;
5-6 Fwd L,R, fwd L/cl R, fwd L; Fwd R, L, fwd R/cl L, fwd R;
7-8 Fwd L trn LF 1/4, fwd R, fwd L/cl R, fwd L trn to fc/ptr; Fwd R, fwd L,
fwd R/cl L, fwd R to BFLY/WALL;

PART C

1----4

CHASE WITH AN UNDERARM PASS;; BASIC;;

1-2 BFLY/WALL fwd L comm 1/2 right face turn keeping lead hands joined, recov fwd R, fwd L/close R, fwd L (W back R keeping lead hands joined, recov L, fwd R/cl L, fwd R toward man's left side); Back R raising joined lead hands leading woman to turn LF, recov L, small sd R/cl L, small side R (W fwd L, fwd R turning 1/2 left face under joined lead hands to face partner, small sd L/cl R, small sd L) end facing COH;
3-4 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R;

5----8

CHASE WITH AN UNDERARM PASS;; CUCARACHAS

5-6 BFLY/COH fwd L comm 1/2 right face turn keeping lead hands joined, recov fwd R, fwd L/close R, fwd L (W back R keeping lead hands joined, recov L, fwd R/cl L, fwd R toward man's left side); Back R raising joined lead hands leading woman to turn LF, recov L, small sd R/cl L, small side R (W fwd L, fwd R turning 1/2 left face under joined lead hands to face partner, small sd L/cl R, small sd L) end facing WALL;
7-8 Rock sd L, rec R, L/R,L; Rock sd R, rec L, R/L,R;

PART D

1----4

CHASE;;;;

1-2 Fwd L, trng 1/2 RF to fc COH, rec & fwd R, fwd L/cl R, fwd L (W rk bk R, rec & fwd L, Fwd R/cl L, fwd R; fwd R trng 1/2 LF to fc WALL, rec & fwd L, fwd R/cl L, fwd R (W fwd L trng 1/2 RF to fc WALL rec & fwd R, fwd L/cl R, fwd L;
3-4 Rk fwd L, rec R, bk L/cl R, bk L; (W fwd R trng 1/2 LF to fc COH and M, rec & fwd L, fwd R, cl L fwd R); jnd hnds in BFLY rk bk R, rec L, fwd R/cl L, fwd R;

ENDING

1----5

ALEMANA;; SANDSTEPS;; APT PT;

1-2 Rk fwd L, rec R, sd L/cl R, sd L, rk bk R, rec L, sd R/cl L, sd R (W trn RF undr jnd ld hnds XLif, fwd R to complete trn if of M sd, sd L/cl R, sd L);
3-4 Toe L, Heel R, XLIF/SD R, XLIF; (Toe R, Heel L, XRIF/SD L, XRIF;)
Toe R, Heel L, XRIF/SD L, XRIF; (Toe Toe L, Heel R, XLIF/SD R, XLIF