

# Body Talk

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Beth Webb (USA)  
音乐: Body Language - Ronnie Beard



## TOE HEEL, CROSSING SHUFFLE

1-2                      Touch left toe next to right foot pointing in, touch left heel next to right foot pointing toe out  
3&4                      Cross left over right shuffling to right side (left, right, left)  
5-6                      Touch right toe next to left foot pointing in, touch right heel next to left foot pointing toe out  
7&8                      Cross right over left shuffling to left side (right, left, right)

## KICK, KICK, SAILOR SHUFFLE

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

## ROCK, STEP, COASTER STEP, ROCK, STEP, ¾ TURNING SHUFFLE

1-2                      Rock forward left, recover onto right  
3&4                      Step back on left, step right together, step forward on left  
5-6                      Rock forward right, recover onto left  
7&8                      Shuffle in place (right, left, right) while making a ¾ turn to your right

## ROCK, SWAYS

1-2                      Rock forward left at slight angle toward left corner, swaying hips to left, recover onto right and sway hips to right  
3-4                      Rock forward left again, at slight angle toward left corner, swaying hips to left, recover onto right and sway hips to right  
5-6                      Rock back on left at slight angle toward back corner, swaying hips to left, recover onto right and sway hips to right.  
7-8                      Rock back on left again at slight angle toward back corner, swaying hips to left, recover onto right and sway hips to right.

## STEP TOUCHES

1-2                      Step forward on the left, touch right next to left  
3-4                      Step forward on the right, touch left next to right  
5-6                      Step forward on left, touch right next to left  
7-8                      Step forward on right, touch left next to right

## SKATES/TURNING SHUFFLE

Counts 1-2 and 5-6 are like skating to one side, then the other

1                      Step left foot to left with ¼ turn left (facing 9:00)  
2                      Swivel ½ turn right on ball of left foot and step on right (facing 3:00)  
3&4                      Triple step in place (left, right, left) with ½ turn to left (facing 9:00)  
5                      Swivel ½ turn right on ball of left foot and step on right (facing 3:00)  
6                      Swivel ½ turn left on ball of right foot and step on left (facing 9:00)  
7&8                      Triple step in place (right, left, right) with ¾ turn to right (facing 6:00)

## HIP BUMPS FORWARD/OUT OUT, IN IN

1&2                      Step forward left with hip bump left, bump hips right, bump hips left  
3&4                      Step forward right with hip bump right, bump hips left, bump hips right  
5-6                      Step out left to left side, step out right to right side

**You can sway hips left and then right for effect**

7-8 Step in left to center, step in right to center

**SHUFFLES, TURNING SHUFFLES**

**All four shuffles travel in the same direction**

1&2 Shuffle forward left, right, left

3&4 Shuffle forward right, left, right while making  $\frac{1}{2}$  turn to left

5&6 Shuffle backward left, right, left while making another  $\frac{1}{2}$  turn to left

7&8 Shuffle forward right, left, right

**REPEAT**

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