

# Body Language

拍數: 48      牆數: 4      級數: Phrased Intermediate  
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音樂: Body Language - Able Heart



(16 count intro - 8 secs approx)

Sequence: ABBB ABBB ABB

## A (16 Counts) (1/2 Time – Always to 12:00)

### SEC 1 STEP, 1/4 R POINT, STEP, 1/2 L PRESS, CROSS, BACK 1/4 R, BACK, HOOK, 1/2 L SWEEP, TOUCH

- 1 2            Step right forward, 1/4 turn right pointing left to left side (3:00)  
3 4            Step left forward, 1/2 turn left sweeping right around into a press forward (weight still left) (9:00)  
5&6&        Cross right over left, step left back turning 1/4 right, step right back, hook left over right (12:00)  
7 8            Step left forward turning 1/2 left and sweeping right around into a touch over two counts (6:00)

### SEC 2 STEP, 1/4 R POINT, STEP, 1/2 L PRESS, CROSS, BACK 1/4 R, BACK, HOOK, STEP, 1/2 PIVOT L, CHASSE 1/4 L

- 1 2            Step right forward, 1/4 turn right pointing left to left side (9:00)  
3 4            Step left forward, 1/2 turn left sweeping right around into a press forward (weight still left) (3:00)  
5&6&        Cross right over left, step left back turning 1/4 right, step right back, hook left over right (6:00)  
7&8        Step left forward, step right forward, 1/2 pivot left transferring weight to left (12:00)  
&a            Step right to right side turning 1/4 left, close left beside right (9:00)

## B (32 Counts)

### SEC 1 SIDE, BACK ROCK 1/8 L, LEFT SHUFFLE, 1/4 L ROLL TOUCH, BEHIND SIDE CROSS 1/4 L

- 1-2-3        Step right to right side, rock left back turning 1/8 left, recover onto right (7:30)  
4&5        Step left forward, close right beside left, step left forward  
6-7        Step right forward, turn 1/4 left rolling hips sitting onto right hip (4.30)  
8&1        Cross left behind right, step right to right side turning 1/4 left, cross left over right (1:30)

### SEC 2 HOLD, SIDE 1/4 L, BEHIND, HOLD, SIDE 1/8 L, CROSS, HIP BUMPS R L, CHASSE 1/4 R

- 2&3        Hold, step right to right side turning 1/4 left, cross left behind right (10.30)  
4&5        Hold, step right to right side turning 1/8 left, cross left in front of right (9:00)  
6-7        Step right to right side bumping hips to right, bump hips to left  
8&1        Step R forward turning 1/4 R, step left beside right, step right forward (12:00)

### SEC 3 1/2 SWEEP R, SIT, L SHUFFLE FORWARD, STEP, BACK 1/2 R, HITCH 1/4 R, BALL POINT

- 2-3        Step left back turning 1/2 R sweeping right back, sit back onto right (6:00)  
4&5        Step left forward, close right beside left, step left forward  
6-7        Step right forward, turn 1/2 R stepping left back (12:00)  
8&1        Hitch right turning 1/4 right, ball step right beside left, point left to left side (3:00)

### SEC 4 TOUCH CROSS, TOUCH SIDE, CROSS SAMBA 1/8 L, ROCK, RECOVER, 3/8 R HITCH

- 2-3        Point left across right, point left to left side  
4&5        Cross left over right, rock right to right side turning 1/8 left, recover onto left (1:30)  
6 7 8        Rock onto right, recover onto left, ronde hitch right leg turning 3/8 right (6:00)

**ENDING:** The last B section you'll start facing 6:00 as normal. Dance up to count 29, replace counts 6 7 8 with a right cross rock recover & a chasse right facing 12:00. Boom!

Last Update: 28 Nov 2024

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