

# Body Talk

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Beth Webb (USA)  
音樂: 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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