

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
