

BODY TALK

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Beth Webb

Music: Body Language by 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, $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{4}$ turn left (facing 9:00)
- 2 Swivel $\frac{1}{2}$ turn right on ball of left foot and step on right (facing 3:00)
- 3&4 Triple step in place (left, right, left) with $\frac{1}{2}$ turn to left (facing 9:00)
- 5 Swivel $\frac{1}{2}$ turn right on ball of left foot and step on right (facing 3:00)
- 6 Swivel $\frac{1}{2}$ turn left on ball of right foot and step on left (facing 9:00)
- 7&8 Triple step in place (right, left, right) with $\frac{3}{4}$ 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