

Website: www.linedancerweb.com

Email: admin@linedancerweb.com

5 & 6

**Body Talk** 

**BEGINNER** 

64 Count

Choreographed by: Beth Webb Choreographed to: 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) Touch right toe next to left foot pointing in, touch right heel next to left foot pointing toe out 5,6 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 Kick right forward, kick right to right side 5,6 7 & 8 Step right behind left, step left to side, step right next to left ROCK, STEP, COASTER STEP, ROCK, STEP, 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 Rock forward right, recover onto left 5,6 7 & 8 Shuffle in place (right, left, right) while making a 3/4 turn to your right **ROCK, SWAYS** Rock forward left at slight angle toward left corner, swaying hips to left, recover onto right and sway 1,2 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 Rock back on left at slight angle toward back corner, swaying hips to left, recover onto right and sway 5,6 hips to right. Rock back on left again at slight angle toward back corner, swaying hips to left, recover onto right and 7,8 sway hips to right. **STEP TOUCHES** Step forward on the left, touch right next to left 1,2 3,4 Step forward on the right, touch left next to right Step forward on left, touch right next to left 5,6 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 1/4 turn left (facing 9:00) 2 Swivel 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 1/2 turn to left (facing 9:00) 5 Swivel 1/2 turn right on ball of left foot and step on right (facing 3:00) 6 Swivel 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 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 Shuffle forward right, left, right while making 1/2 turn to left 3 & 4

Shuffle backward left, right, left while making another 1/2 turn to left

## Shuffle forward right, left, right

## **REPEAT**

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 \*charged at 10p per minute