Body Language

Count: 48 **Wall:** 4 **Level:** Phrased Intermediate
Choreographer: Tim Johnson (UK), Michael Lynn (UK) & Lucy Cooper (UK) - November 2024
Music: 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
