

Body Language

Count: 32

Wall: 4

Level: Improver

Choreographer: Evan Anouna (USA) & Stephen Wike (USA) - September 2026

Music: Body Language - Alexa Cappelli



1 Tag – 1 Restart

Intro: Starts after 32 counts, about 16 seconds into the song.

[1 – 8] ¼ Right Heel Grind, Back, Coaster, Left Dorothy, Right Dorothy

- 1 – 2 (1) Touch R heel forward, toe turned in (2) Grind R heel turning ¼ right, step L back [3:00]
3&4 (3) Step R back (&) Step L next to R (4) Step R forward
5 – 6& (5) Step L to left diagonal forward (6) Lock R behind L (&) Step L forward
7 – 8& (7) Step R to right diagonal forward (8) Lock L behind R (&) Step R forward

[9 – 16] ⅜ Right Step-Pivot, Shuffle Forward, Step, ¼ Left Hook, Shuffle Forward

- 1 – 2 (1) Step L forward (2) Pivot ⅜ right, weight on R [7:30]
3&4 (3) Step L forward (&) Step R next to L (4) Step L forward
5 – 6 (5) Step R forward (6) Turn ¼ left, hooking L across R [4:30]
7&8 (7) Step L forward (&) Step R next to L (8) Step L forward

Restart: On Wall 3, dance through count 16, ending facing 10:30. Restart the dance, changing the ¼ right heel grind to a ⅜ right heel grind to end facing 3:00.

[17 – 24] Step, ⅜ Left Double Heel Bounce, Step-Collect, Step, ¼ Left, Behind-Side-Cross

- 1&2& (1) Step R forward (&) Lift both heels, beginning ⅜ turn left (2) Lower both heels (&) Lift both heels, completing ⅜ turn left [12:00]
3&4 (3) Lower both heels (&) Step L back, clap hands (4) Collect R next to L, clap hands
5 – 6 (5) Step L forward (6) Turn ¼ left, step R to side [9:00]
7&8 (7) Step L behind R (&) Step R to side (8) Cross L over R

[25 – 32] ⅜ Right Out-Out, ⅜ Left In-In, Point-Ball-Point, Sailor Step

- 1 – 2 (1) Turn ⅜ right, step R forward/out (2) Step L forward/out [10:30]
3 – 4 (3) Turn ⅜ left, step R back/in (4) Step L next to R [9:00]
5&6 (5) Point R to right side (&) Step R next to L (6) Point L to left side
7&8 (7) Step L behind R (&) Step R to side (8) Step L to side

TAG: End of wall 8 — facing 9:00

[1 – 4] ¼ Right Heel Grind, Back, ¼ Right, Step

- 1 – 2 (1) Touch R heel forward, toe turned in (2) Grind R heel turning ¼ right, step L back [12:00]
3 – 4 (3) Turn ¼ right, step R forward (4) step L forward [3:00]

Continue the dance from the start at 3:00 with a ¼ Right Heel Grind to 6:00