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| Body Language |  |

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| . | | | | | | |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Phrased Intermediate | . |
| **Choreographer:** | Tim Johnson (UK), Michael Lynn (UK) & Lucy Cooper (UK) - November 2024 | | | | |
| **Music:** | Body Language - Able Heart | | | | |
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**(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 R forward, 1/4 turn R pointing L to L side (3:00) |
| 3 4 | Step L forward, 1/2 turn L sweeping R around into a press forward (weight still L) (9:00) |
| 5&6& | Cross R over L, step L back turning 1/4 R, step R back, hook L over R (12:00) |
| 7 8 | Step L forward turning 1/2 L and sweeping R 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 R forward, 1/4 turn R pointing L to L side (9:00) |
| 3 4 | Step L forward, 1/2 turn L sweeping R around into a press forward (weight still L) (3:00) |
| 5&6& | Cross R over L, step L back turning 1/4 R, step R back, hook L over R (6:00) |
| 7&8 | Step L forward, step R forward, 1/2 pivot L transferring weight to L (12:00) |
| &a | Step R to R side turning 1/4 L, close L beside R (9:00) |

**B (32 Counts)**

**SEC 1 SIDE, BACK ROCK 1/8 L, L SHUFFLE, 1/4 L ROLL TOUCH, BEHIND SIDE CROSS 1/4 L**

|  |  |
| --- | --- |
| 1-2-3 | Step R to R side, rock L back turning 1/8 L, recover onto R (7:30) |
| 4&5 | Step L forward, close R beside L, step L forward |
| 6-7 | Step R forward, turn 1/4 L rolling hips sitting onto R hip (4.30) |
| 8&1 | Cross L behind R, step R to R side turning 1/4 L, cross L over R (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 R to R side turning 1/4 L, cross L behind R (10.30) |
| 4&5 | **Hold**, step R to R side turning 1/8 L, cross L in front of R (9:00) |
| 6-7 | Step R to R side bumping hips to R, bump hips to L |
| 8&1 | Step R forward turning 1/4 R, step L beside R, step R 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 L back turning 1/2 R sweeping R back, sit back onto R (6:00) |
| 4&5 | Step L forward, close R beside L, step L forward |
| 6-7 | Step R forward, turn 1/2 R stepping L back (12:00) |
| 8&1 | Hitch R turning 1/4 R, ball step R beside L, point L to L side (3:00) |

**SEC 4 TOUCH CROSS, TOUCH SIDE, CROSS SAMBA 1/8 L, ROCK, RECOVER, 3/8 R HITCH**

|  |  |
| --- | --- |
| 2-3 | Point L across R, point L to L side |
| 4&5 | Cross L over R, rock R to R side turning 1/8 L, recover onto L (1:30) |
| 6 7 8 | Rock onto R, recover onto L, ronde hitch R leg turning 3/8 R (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 R cross rock recover & a chasse R facing 12:00. Boom!**

**Last Update: 28 Nov 2024**