Talking Body



拍数: 32 墙数: 4 级数: Intermediate - Funky WCS

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音乐: Talking Body - Tove Lo



Start dance after 2x8's. (Contact us for the clean version of the music!)

SET 1: WALK 2X, ANCHOR STEP, JUMP BACK & OUT, BODY ROLL, BALL CROSS□End Facing
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1-2 Step RF fwd, Step LF fwd □ 12:00

3&4 Lock RF behind LF, Recover weight on LF, step back on RF □ 12:00

&5 Jump back out on LF, Jump out on RF□12:00

6-7 Roll body downwards from chest to hips shifting weight to LF

Easier option: Bump hips left twice ☐ 12:00

&8 Close ball of RF next to LF, Cross LF over RF □ 12:00

SET 2: 1/4R ROCK RECOVER COASTER STEP, STEP TOUCH, 3/4R UNWIND, 1/4L CURVY LOCK STEPS

1-2 1/4R Rock RF fwd, Recover on LF 3:00

3&4 Step RF back, Step LF next to RF, Step RF fwd 3:00

&5-6 Step LF fwd, Touch RF behind LF, Unwind 3/R weight ending on RF 12:00

7&8&1 Step LF fwd, Lock RF behind LF, ¼L Step LF fwd, Lock RF behind LF, ¼L Step LF fwd 6:00

SET 3: SIDE, L SAILOR, CROSS SIDE, R SAILOR

2 Step RF to R□6:00

3&4 Step LF behind RF, Rock RF to R, Recover on LF ☐ 6:00

5-6 Cross RF over LF. Step LF to L□6:00

7&8 Step RF behind LF, Rock LF to L, Recover on RF□6:00

SET 4: CROSS SIDE, CROSS SHUFFLE, ¾L BOX SLIDES

1-2 LF cross over RF, Step RF to R□6:00

3&4 LF cross over RF, Step RF to L, LF Cross over RF□6:00

5&6& Slide RF to R, Drag LF towards RF, ¼L Slide LF to L, Drag RF towards LF□3:00
7&8& ¼L Slide RF to R, Drag LF towards RF, ¼L slide LF to L, Drag RF towards LF□9:00

Start Again! Let your body do the talking! Have fun!

TAG: To dance after 8th Wall (facing 12:00)

SET 1: 3WALKS, HITCH, BACK, ½R 2WALKS, CHEST PUMP, 3WALKS HITCH, ½R 2WALKS, POINT

1-4 Walk fwd RF, LF, RF, Hitch L knee □ 12:00

5-8 Step Back on LF, ½R Step RF fwd, Step LF fwd, Hold and do chest pump (to lyrics: oh-

oh)□6:00

1-4 Walk fwd RF, LF, RF, Hitch L knee ☐ 6:00

5-8 Step Back on LF, ½R Step RF fwd, Step LF fwd, Point RF to R□12:00

SET 2: SNAKE ROLLS R and L, 4x 1/8L HIP ROLLS

1-4 Snake Roll to the Right shifting weight to RF□12:00
5-8 Snake Roll to the Left shifting weight to LF□12:00

1-8 4x Step RF fwd and 1/8L pivots (roll hips anti-clockwise) – total of ½L □6:00

SET 3: REPEAT SET 2 start facing 6:00 end facing 12:00 ☐ 12:00

SET 4: CROSS SIDE, CROSS SHUFFLE, BACK, SIDE, CROSS, SIDE (REPEAT)

1-2, 3&4 RF cross over LF, Step LF to L, RF cross over LF, Step LF to L, RF cross over LF □ 12:00

5-8 Step LF back, Step RF to R, Cross LF over RF, Step RF to R□12:00

1-2, 3&4 LF cross over RF, Step RF to R, LF cross over RF, Step RF to L, LF cross over RF□12:00

5-8 Step RF back, Step LF to L, Cross RF over LF, Step LF to L□12:00

SET 5: STEP ½L PIVOT, STEP ½L PIVOT

1-4 Step RF fwd, ½L pivot shifting weight on LF, Step RF fwd, ½L pivot shifting weight on

LF□12:00

Start the dance again facing 12:00.

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