

Bodyguard

32 count, 4 wall, newcomer level

Choreographer: Daniel Trepát

Choreographed to: "You Can Call Me Al" by Paul Simon (127 bpm)

Section 1 Heel Switches, Stomp Lift Shoulders, Step (3x), 1/4 Turn

- 1& Touch right heel forward, step RF next to LF
- 2& Touch left heel forward, step LF next to RF
- 3 Stomp RF next to LF
- 4 Lift shoulders and press chest forward to look big
- 5, 6, 7 Step forward RF, LF, RF (stay big)
- 8 Make 1/4 turn left weight on LF (drop shoulders) (9:00)

Section 2 Swivel 3x (Mashed Potatoes), Touch, Vine Full Turn, Kick

- &1 Swivel both heels out, step RF behind LF swivel both heels in
- &2 Swivel both heels out, step LF behind RF swivel both heels in
- &3 Swivel both heels out, step RF behind LF swivel both heels in
- 4 Touch LF next to RF
- 5 Turn 1/4 left step LF forward
- 6 Turn 1/2 left step RF back
- 7 Turn 1/4 left step LF to left side (9:00)
- 8 Kick RF to right side and point left index finger diagonally up and to the left

Section 3 1/4 Turn, 1/4 Turn Scuff, Step, Scuff, Step, 3/4 Turn With Hitches

- 1, 2 Turn 1/4 right step RF forward (12:00), turn 1/4 right scuff heel of LF (3:00)
- 3, 4 Step LF side left, scuff right heel
- 5 Step RF side right
- 6 1/4 turn left on RF hitching left knee
- 7 1/4 turn left on RF hitching left knee
- 8 1/4 turn left on RF hitching left knee

Section 4 Step, Hold, Step, Hold, Walking 3/4 Turn, Hold

- 1, 2 Step LF forward popping right knee, hold
- 3, 4 Step RF forward popping left knee, hold
- 5 Turn 1/4 left stepping LF forward
- 6 Turn 1/4 left stepping RF forward
- 7 Turn 1/4 left stepping LF forward
- 8 Hold (9:00)

Quelle:

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