

Bodyguard



Choreographer: Daniel Trepát & Pim van Grootel (April 2007)
Level: Newcomer
Type: 4 wall line dance - Novelty
Counts: 32
Music: "You Can Call Me Al", by Paul Simon

HEEL SWITCHES, STOMP BODYROLL, STEP (3x), ¼ TURN LEFT

- 1 RF Touch heel forward
- & RF Step together
- 2 LF Touch heel forward
- & LF Step together
- 3 RF Stomp next to LF, while starting a bodyroll from toes to head
- 4 Finish bodyroll and make yourself look big
- 5 RF Step forward (stay big with the body)
- 6 LF Step forward (stay big with the body)
- 7 RF Step forward (stay big with the body)
- 8 make ¼ turn left

SWIVELS (3x), TOUCH, FULL TURN LEFT, KICK WITH FINGERPOINT

- 1 Swivel right foot behind left foot while turning left heel in
- 2 Swivel left foot behind right foot while turning right heel in
- 3 Swivel right foot behind left foot while turning left heel in
- 4 LF Touch next to RF
- 5 LF ¼ turn left stepping forward
- 6 RF ¼ turn left stepping to right side
- 7 LF ½ turn left stepping to left side
- 8 RF Kick to right side and point diagonally up with lefthand to left

¼ TURN RIGHT, ¼ WITH SCUFF, STEP, SCUFF, STEP, ¾ TURN LEFT WITH HITCHES

- 1 RF ¼ turn right, stepping forward
- 2 LF ¼ turn right and scuff with LF
- 3 LF Step to left side
- 4 RF Scuff
- 5 RF Step to right side
- 6 LF ¼ turn left, while making a hitch with LF
- 7 LF ¼ turn left, while making a hitch with LF
- 8 LF ¼ turn left, while making a hitch with LF

STEP, HOLD, STEP, HOLD, WALKING ¾ TURN LEFT, HOLD

- 1 LF Step forward
- 2 Hold
- 3 RF Step forward
- 4 Hold
- 5 LF ¼ turn left, stepping forward
- 6 RF ¼ turn left, stepping forward
- 7 LF ¼ turn left, stepping forward
- 8 Hold