

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), 1/4 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 1/4 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 1/4 turn left stepping forward
6 RF 1/4 turn left stepping to right side
7 LF 1/2 turn left stepping to left side
8 RF Kick to right side and point diagonally up with lefthand to left

1/4 TURN RIGHT, 1/4 WITH SCUFF, STEP, SCUFF, STEP, 3/4 TURN LEFT WITH HITCHES

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

STEP, HOLD, STEP, HOLD, WALKING 3/4 TURN LEFT, HOLD

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