

Get Me Bodied

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Kate Sala (UK)

Musik: Get Me Bodied - Beyoncé



FRONT SAILOR STEP, STEP, PIVOT ½ TURN RIGHT WITH HITCH, COASTER STEP, LOCK STEP, STEP

- 1&2 Cross step right over left, side rock on left to left side, step slightly forward on right
3-4 Step forward on left, pivot ½ turn right on ball of left and hitch right knee up, facing 6:00
5&6 Step back on right, step left next to right, step forward on right
&7-8 Lock step left behind right, step forward on right, step forward on left

MAMBO KICK, STEP BEHIND & KNEE POP, SIDE STEP & KICK, STEP BEHIND & KNEE POP RONDE, SAILOR STEP

- 1&2 Rock forward on right, rock back on left, step right back in place & at the same time low kick left out to left side
3 Cross step left behind right & at the same time turn right knee slightly out to right popping it forward and hitching slightly
& Step on right small step to right side & at the same time low kick left out to left side
4 Cross step left behind right & at the same time turn right knee slightly out to right popping it forward and hitching slightly
&5&6 Keeping right knee hitched ronde right knee back, cross step right behind left, step left to left side, step right to right side
7-8 Turning to face left diagonal step forward on left, turning to face right diagonal step forward on right

TRIPLE FULL TURN LEFT, TOUCH RIGHT OUT, SWITCH, TOUCH LEFT OUT, HITCH, SIDE STEP, TOGETHER, SIDE, RIGHT HEEL SWIVEL

- 1&2 Triple full turn left traveling left on left, right, left, still facing 6:00
3&4 Touch right toe out to right side, step right next to left, touch left toe out to left side
&5 Hitch left knee up and across the body, step left out to left side
&6 Step right next to left, step left out to left side
7&8 Swivel right heel out, in, out

CROSS BEHIND ROCK ¼ TURN LEFT, FORWARD MAMBO & RUN BACK, PIVOT ½ TURN RIGHT, TRIPLE FULL TURN RIGHT

- 1&2 Cross rock on left behind right, recover on to right, turn ¼ left stepping forward on left, facing 3:00
3&4 Rock forward on right, rock back on left, step back on right
&5 Run back on left, right
6 Pivot ½ turn right
7&8 Triple full turn right on left, right, left traveling forward slightly, now facing 9:00

REPEAT
