

# Get Me Bodied

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kate Sala (UK)  
音樂: 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