



# BODYGUARD

4 murs - 32 temps - NEWCOMER

<b>Comptes</b>	<b>Description des pas</b>
<b>1 à 8</b>	<b>HEEL SWITCHES, STOMP BODYROLL, STEP (3x), ¼ TURN LEFT</b>
1 & 2 &	Touch right heel forward, Step RF together, Touch left heel forward, Step LF together,
3	Stomp RF next to LF, while starting a bodyroll from toes to head
4	Finish bodyroll and make yourself look big
5 - 6	Step RF forward, Step LF forward (stay big with the body)
7 - 8	Step RF forward, make ¼ turn left
<b>9 à 16</b>	<b>SWIVELS (3x), TOUCH, FULL TURN LEFT, KICK WITH FINGERPOINT</b>
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	Touch LF next to RF
5	¼ turn left stepping LF forward
6	¼ turn left stepping RF to right side
7	½ turn left stepping LF to left side
8	Kick RF to right side and point diagonally up with left hand to left
<b>17 à 24</b>	<b>¼ TURN RIGHT, ¼ WITH SCUFF, STEP, SCUFF, STEP, ¾ TURN LEFT WITH HITCHES</b>
1	¼ turn right, stepping RF forward
2	¼ turn right and scuff with LF
3 - 4 - 5	Step LF to left side, Scuff RF, Step RF to right side
6	¼ turn left, while making a hitch with LF
7	¼ turn left, while making a hitch with LF
8	¼ turn left, while making a hitch with LF
<b>25 à 32</b>	<b>STEP, HOLD, STEP, HOLD, WALKING ¾ TURN LEFT, HOLD</b>
1 - 2	Step LF forward; Hold
3 - 4	Step RF forward, Hold
5	¼ turn left, stepping LF forward
6	¼ turn left, stepping RF forward
7	¼ turn left, stepping LF forward
8	Hold

**CountryNord.com - HAVE FUN AND DANCE !**

Chorégraphiée par : Daniel Trepas & Pim van Grootel (April 2007)

Chorégraphiée pour : "You Can Call Me Al", by Paul Simon