GET ME BODIED
Choreographed by Kate Sala
Description: 32 counts, 4 walls, Intermediate Single Line Dance
Music: Get Me Bodied by Beyonce

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 L, TOUCH R OUT, SWITCH, TOUCH L OUT, HITCH, SIDE STEP, TOGETHER, SIDE, R 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
& Hitch left knee up and across the body, step left out to left side
& Step right next to left, step left out to left side
7&8 Swivel right heel out, in, out

CROSS BEHIND ROCK ½ TURN LEFT, FORWARD MAMBO & RUN BACK, PIVOT ½ TURN R, TRIPLE FULL TURN R
1&2 Cross rock on left behind right, recover on to right, turn ½ 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