



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

&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 R, TRIPLE FULL TURN R

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

