

Bodyguard

Count: 32

Wall: 4

Level: Newcomer Novelty

Choreographer: Daniel Trepap (November 2007)

Music: "You Can Call Me Al" by Paul Simon (BPM 127)

Official WCDF competition dance description 2008

HEEL SWITCHES, STOMP, LIFT SHOULDERS, STEP 3X, ¼ TURN

- 1 RF touch heel forward
- & RF step next to LF
- 2 LF touch heel forward
- & LF step next to RF
- 3 RF stomp next to LF
- 4 lift shoulders and press chest forward to look big
- 5 RF step forward (stay big)
- 6 LF step forward (stay big)
- 7 RF step forward (stay big)
- 8 LF ¼ turn left (drop shoulders) (9:00)

SWIVEL 3X (MASHED POTATOES), TOUCH, VINE FULL TURN, KICK

- & swivel both heels out
- 9 RF step behind LF swivel both heels in
- & swivel both heels out
- 10 LF step behind RF swivel both heels in
- & swivel both heels out
- 11 RF step behind LF swivel both heels in
- 12 LF touch next to RF
- 13 LF ¼ turn left step forward
- 14 ½ turn left, RF step back
- 15 ¼ turn left LF step side left (9:00)
- 16 RF kick to right side and point left index finger diagonally up and to the left

¼ TURN, ¼ TURN SCUFF, STEP, SCUFF, STEP, ¾ TURN WITH HITCHES

- 17 RF ¼ right step forward (12:00)
- 18 RF ¼ turn right scuff heel of LF (3:00)
- 19 LF step side left
- 20 RF scuff heel
- 21 RF step side right
- 22 RF ¼ turn left hitching left knee
- 23 RF ¼ turn left hitching left knee
- 24 RF ¼ turn left hitching left knee - (6:00)

STEP, HOLD, STEP, HOLD, WALKING ¾ TURN, HOLD

- 25 LF step forward, popping right knee
- 26 hold
- 27 RF step forward, popping left knee
- 28 hold
- 29 LF ¼ turn left step forward
- 30 RF ¼ turn left step forward
- 31 LF ¼ turn left step forward
- 32 hold (9:00)