

Official WCDF competition dance description 2008

Bodyguard

Daniel Trepap

Type : 32 Count, 4 Wall Novelty
Level : Newcomer
Music : "You Can Call Me Al" by Paul Simon (BPM 127)

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)