

# GET ME BODIED

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Kate Sala

**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 LEFT, TOUCH RIGHT OUT, SWITCH, TOUCH LEFT OUT, HITCH, SIDE STEP, TOGETHER, SIDE, RIGHT 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  $\frac{1}{4}$  TURN LEFT, FORWARD MAMBO & RUN BACK, PIVOT  $\frac{1}{2}$  TURN RIGHT, TRIPLE FULL TURN RIGHT**

- 1&2** Cross rock on left behind right, recover on to right, turn  $\frac{1}{4}$  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  $\frac{1}{2}$  turn right
- 7&8** Triple full turn right on left, right, left traveling forward slightly, now facing 9:00

**REPEAT**