

Bodyguard

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
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音樂: BODYGUARD - Beyoncé



16 count intro

HEEL HEEL COASTER STEP, HEEL HEEL COASTER STEP, LOCK STEP

- 1-2 Tap left heel on the floor in front of you two times
- 3&4 Step left foot backward, step right next to left, step left foot forward
- 5-6 Tap right heel on the floor in front of you two times
- 7&8& Step right foot backward, step left next to right, step right foot forward, cross left behind right

STEP, STEP ¼ TURN RIGHT, CROSS & CROSS, SIDE BEHIND ¼ TURN RIGHT

- 1-2 Step forward right, step forward left
- 3-4& Step right foot ¼ turn right, cross left over right, step right foot slightly right
- 5-6 Step left foot slightly left, step right foot right
- 7-8 Cross left behind right, step right foot ¼ turn right

ROCKING CHAIR, SWAY HIPS

- 1-2 Rock forward as you step left foot forward, rock back on right foot
- 3-4 Rock backward as you step left foot backward, rock forward on right foot
- 5-8 As you step to the left sway hips left, sway hips right, left, right

CROSS POINT, CROSS POINT, WALK BACK 4 STEPS

- 1-2 Cross left over right, touch right toe to the right side
- 3-4 Cross right over left, touch left toe to the left side
- 5-8 Walk backward left, right, left, right.

TAGS: Complete counts 1-32 of tag wall then sway hips left, right, left, right (must end with weight on right foot):

End of wall 2: tag at :42 in music
End of wall 4: tag at 1:16 in music
End of wall 6: tag at 1:50 in music
End of wall 10: tag at 2:57 in music
End of wall 11: tag at 3:15 in music
End of wall 12: tag at 3:34 in music

Add your own style and have fun!!

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