

\*\*\*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, 1/4 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 1/4 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 1/4 turn left step forward  
14 1/2 turn left,  
RF step back  
15 1/4 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

## 1/4 TURN, 1/4 TURN SCUFF, STEP, SCUFF, STEP, 3/4 TURN WITH HITCHES

17 RF 1/4 right step forward (12:00)  
18 RF 1/4 turn right scuff heel of LF  
(3:00)  
19 LF step side left  
20 RF scuff heel  
21 RF step side right  
22 RF 1/4 turn left hitching left knee  
23 RF 1/4 turn left hitching left knee  
24 RF 1/4 turn left hitching left knee  
(6:00)

## STEP, HOLD, STEP, HOLD, WALKING 3/4 TURN, HOLD

25 LF step forward, popping right  
knee  
26 hold  
27 RF step forward, popping left knee  
28 hold  
29 LF 1/4 turn left step forward  
30 RF 1/4 turn left step forward  
31 LF 1/4 turn left step forward  
32 hold (3:00)