

## Get Me Bodied

32 count, 4 wall, Intermediate level

Choreographer: Kate Sala (UK) Jan 2007

Choreographed to: Get Me Bodied by Beyonce

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### 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 ¼ Turn Left, Forward Mambo & Run Back, Pivot ½ Turn Right, Triple Full Turn Right

- 1&2 Cross rock on left behind right, recover on to right, turn ¼ left stepping forward on left (3:00)  
3&4 Rock forward on right, rock back on left, step back on right  
&5 Run back on left, right  
6 Pivot ½ turn right  
7&8 Triple full turn right on left, right, left traveling forward slightly, now facing 9:00