

IF I SAID YOU HAD A BEAUTIFUL BODY

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MUSIC: Song: If I Said You Had A Beautiful Body Artist: Bellamy Brothers
Music Media Source: Album: Best of the Bellamy Brothers, Download available from Walmart.com
Music Modified: No BPM/MPM: 118 TIME@BPM: 3:15@118

FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
RHYTHM: Rumba [*or Cha] RAL PHASE: III + 2 [Alemana, Hip Rocks]
SEQUENCE: INTRO AB AB A END

MEAS:

INTRODUCTION

1-4

WAIT; LADY CUCARACHA 2X;; 2 HIP ROCKS TO BFLY;

- 1 [Wait] M fcg ptr & wall about 2 feet apt no hnds jnd wait 1 meas ;
- 2 {CUCA} M hold and observe lady, -, -, - (W sd R, rec L, cl R, -) ;
- 3 {CUCA} M hold, -, -, - (W sd L, rec R, cl L, -) ;
- 4 {2 HIP RKS} Rk sd L rolling hip sd & bk, -, rk sd R rolling hip sd & bk, blending to BFLY (W rk sd R rolling hip sd & bk, -, rk sd L rolling hip sd & bk, blending to BFLY) ;

PART A

1-4

BASIC;; FENCE LINE 2X;;

- 1-2 {BASIC} Fwd L, rec R, sd L, - (W bck R, rec L, sd R, -) ; bk R, rec L, sd R, - (W fwd L, rec R, sd L, -) ;
- 3 {FNC LINE} BFLY X lun thru L w/ bent knee looking to right, rec R trng to fc ptr, sd L, - (W BFLY X lun thru R w/ bent knee looking to left, rec L trng to fc ptr, sd R, -) ;
- 4 {FNC LINE} BFLY X lun thru R w/ bent knee looking to left, rec L trng to fc ptr, sd R, - (W BFLY X lun thru L w/ bent knee looking to right, rec R trng to fc ptr, sd L, -) ;

5-8

HALF BASIC; WHIP TO FACE COH; NEW YORKER 2X;;

- 5 {1/2 BAS} Fwd L, rec R, sd L, - (W bck R, rec L, sd R, -) ;
- 6 {WHP} Bk R commence 1/4 LF trn, rec fwd L trng 1/4 comp trn to fc ptr & COH, sd R, - (W fwd L outsd M on his L sd, fwd R commence 1/2 LF trn to fc ptr & wall, sd L, -) ;
- 7 {NY} Stp thru L w/ straight leg to sd by sd pos, rec R to fc ptr, sd L, - (W Stp thru R w/ straight leg to sd by sd pos, rec L to fc ptr, sd R, -) ;
- 8 {NY} Stp thru R w/ straight leg to sd by sd pos, rec L to fc ptr, sd R, - (W Stp thru L w/ straight leg to sd by sd pos, rec R to fc ptr, sd L, -) ;

9-12

CHASE PEEK-A-BOO;;;

- 9-12 {CHS PK-A-BOO} Fwd L commence 1/2 RF trn, rec R, cl L, - (W bk R, rec L, cl R, -) ; sd R looking ovr L shldr, rec L, cl R, - (W sd L, rec R, cl L, -) ; sd L looking ovr R shldr, rec R, cl L, (W sd R, rec L, cl R, -) ; fwd R commence 1/2 LF trn, rec L, cl R, - (W fwd L, rec R, cl L, -) ;

13-16

HALF BASIC; WHIP TO FACE WALL; NEW YORKER 2X;;

- 13 {1/2 BAS} Repeat meas 5 of Part A ;
- 14 {WHP TO FC WALL} Repeat meas 6 of Part A except ends M fcg wall & W fcg COH ;
- 15-16 {NY 2X} Repeat meas 7-8 of Part A ;;

PART B

1-4

ALEMANA;; LARIAT TO BFLY;;

- 1-2 {Alemana} Fwd L, rec R, cl L leading W to trn RF, - (W bk R, rec L, sd R commence RF swvl, -) ; bk R, rec L, sd R, - (W cont RF trn undr jnd lead hnds fwd L, cont RF trn fwd R, sd L, -) ;
- 3-4 {LRT} Stp in place L, R, L, - (W circ M clockwise w/ jnd lead hnds fwd R, fwd L, fwd R, -) ; stp in pl R, L, R blending to BFLY, - (W fwd L, fwd R, sd L endg fcg M in BFLY, -) ;

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- 5-8** **SHOULDER TO SHOULDER 2X;; BREAK BACK TO OPEN LOD; **PROGRESSIVE WALK 3;**
- 5 {SHLDR-SHLDR} Fwd L to SCAR, rec R to fc, sd L, - (W bk R to SCAR, rec L to fc, sd R, -) ;
- 6 {SHLDR-SHLDR} Fwd R to BJO, rec L to fc, sd R, - (W bk L to BJO, rec R to fc, sd L, -) ;
- 7 {BRK BK TO OP LOD} Commence LF trn stp bhnd L to OP LOD, rec fwd R, fwd L, - (W commence RF trn stp bhnd R to OP, rec fwd L, fwd R, -) ;
- 8 {PROG WLK 3} Fwd R, fwd L, fwd R, - (W fwd L, fwd R, fwd L, -) ; [** See bottom for note]
- 9-12** **SLIDING DOOR 2X;; **PROGRESSIVE WALK 3; SPOT TURN TO FACE;**
- 9 {SLDG DR} Rk apt L, rec R releasing hnds, XLif changing sds still fcg same direction as W Xif of M, - (W Rk apt R, rec L releasing hnds, XRif changing sds still fcg same direction while Xif of M, -) ;
- 10 {SLDG DR} Rk apt R, rec L releasing hnds, XRif changing sds still fcg same direction as W Xif of M, - (W Rk apt L, rec R releasing hnds, XLif changing sds still fcg same direction while Xif of M, -) ;
- 11 {PROG WLK 3} Fwd L, fwd R, fwd L, - (W fwd R, fwd L, fwd R, -) ;
- 12 {SPT TRN} Fwd R trn 1/2 LF to fc RLOD, rec L trn 1/4 LF to fc ptr, sd R, (W fwd L trn 1/2 RF to fc RLOD, rec R trn 1/4 RF to fc ptr, sd L, -) ;
- 13-16** **CHASE TO BFLY;;;;**
- 13-14 {CHS} Fwd L commence 1/2 RF trn, rec fwd R, fwd L, - (W bk R w/ no trn, rec L, fwd R, -) ; fwd R commence 1/2 LF trn, rec fwd L, fwd R, - (W fwd L commence 1/2 RF trn, rec fwd R, fwd L, -) ; fwd L, rec R, bk L, - (W fwd R commence 1/2 LF trn, rec fwd L, fwd R, -) ; bk R, rec L, fwd R, endg in BFLY (W fwd L w/ no trn, rec R, bk L, endg in BFLY) ;
- REPEAT PART A**
- REPEAT PART B**
- REPEAT PART A**
- END**
- 1-4** **BASIC;; FORWARD BASIC LADY WRAP; UNWRAP TO BFLY;**
- 1-2 {BAS} In BFLY repeat meas 1-2 of Part A ;;
- 3 {FWD BAS LADY WRAP} Fwd L, rec R, cl L keeping hnds jnd bring trailing hnds down to waist level between ptrs while bringing lead hnds up and between ptrs to trn W LF bringing lead hnds down to chest level, - (W bk R, rec L, fwd R w/ slight X to M's right sd trng LF 1/2 undr jnd lead hnds to wrapped position fcg wall, -) ;
- 4 {UNWRP} Bk R, rec L, cl L to R raising left hnd to start W to trn 1/2 RF trn to fc M, blend to BFLY wall (W bk L, rec R, fwd L raising right hnd and trn 1/2 RF to fc M, blend to BFLY wall) ;
- 5-7** **CUCARACHA 2X;; HOLD;**
- 5 {CUCA} Sd L, rec R, cl L, - (W sd R, rec L, cl R, -) ;
- 6 {CUCA} Sd R, rec L, cl R, - (W sd L, rec R, cl L, -) ;
- 7 {HOLD} Hold position as music fades ;

* For energetic dancers, variety, or preference, dance may be done as a Cha, rather than Rumba. One or both partners may do either rhythm.

** If cued or danced as a Cha, the Progressive Walk 3 should be cued and danced as Walk 2 & cha.