

A BEAUTIFUL BODY

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Music: If I Said You Have A Beautiful Body Would You Hold It Against Me by
Bellamy Bros., CD Hard To Find 45's on CD: Pop & Country Classic or
available as a download from Walmart for 88¢
Footwork: Opposite, directions for man except as noted (W's in parentheses)
Rhythm: Cha Phase: IV+1 [Cuddles]
Sequence: INTRO A B A B C END Speed: As recorded [45 RPM]

INTRO

1 – 4

WAIT;; CUCARACHA [2];;

1-4 [Bfly – M fc ptrn & wall – lead ft free] Wait;; Sd L, rec R, cl L/step R, IP L;
Sd R, rec L, cl R/step L, IP R;

PART A

1 – 4

½ BASIC; U/ARM TRN; LARIAT [FC LOD]; WALK 2 & CHA;

1-4 Fwd L, rec R, sd L/cl R, sd L raising lead hnds; Bk R, rec L, sd R/cl L, sd R
(W XLIFO R under jnd lead hnds trng ½ RF, rec R cont RF trn to fc ptrn, sd L/
cl R, sd L) end fc ptrn & wall; Step IP L, R, L/R, L trng ¼ LF (W circ cw with jnd
lead hnds fwd R, L, R/cl L, fwd R) end OP both fc LOD; Fwd R, L, R/cl L, fwd
R still fcg LOD;

5 – 8

FWD & BACK BASIC;; SPOT TRN to FC; TIME STEP;

5-8 Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R; X L IFO R trng
½, rec R cont trn ¼ to fc ptrn, sd L/cl R, sd L; [With no hnds jnd] X R IBO L,
rec L, sd R/cl L, sd R now fc ptrn & COH join lead hnds;

9 – 12

NEW YORKER; WHIP; FENCE LINE; STRT CRAB WALKS;

9-12

Step thru L with strt leg trng to sd by by pos, rec R to fc, sd L/cl R, sd L trng
upper body to fc RLOD; Bk R trng ¼ LF, rec fwd L cont trn ¼, sd R/cl L, sd R
(W fwd L outsd M on his L sd, fwd R trng ½ LF, sd L/cl R, sd L end fc ptrn &
wall; In bfly X lunge thru L with bent knee look twd RLOD, rec trng to fc ptrn,
sd L/cl R, sd L; Fwd R XIFO L, sd L, fwd R XIFO L/sd L, fwd R XIFO L;

13 – 16

FIN CRAB WALKS; NEW YORKER; SPOT TRN; CUCARACHA;

13-16

Sd L, fwd R XIFO L, sd L/cl R, sd L; Step thru R with strt leg trng to sd by sd
pos, rec L to fc, sd R/cl L, sd R; X L IFO R trng ½, rec R cont to trn to fc ptrn,
sd L/cl R, sd L; Sd R, rec L, cl R, step L, IP R;

PART B

1 – 4

CHASE PEEK-A-BOO;;;;

1-4

Fwd L trng ½ RF, rec fwd R, fwd L/cl R, fwd L (W Bk R, rec L, fwd R/cl L, fwd R);
Sd R look ov L shldr, rec L, IP R/L, R (W sd L, rec R, IP L/R, L); Sd L look ov R
shldr, rec R, IP L/R, L (W sd R, rec L, IP R/L, R); Fwd R trng ½ LF, rec fwd L,
fwd R/cl L, fwd R (W fwd L, rec R, bk L/cl R, bk L);

- 5 – 8** **NEW YORKER to OP LOD; WALK & CHA; CIRC AWAY & TOG;;**
5-8 Step thru L with stgrt leg trng to sd by sd pos, rec R to fc, sd L/cl R, sd L trng ¼ to end fc LOD; Fwd R, L, R/cl L, fwd R; Starting circ LF (W RF) fwd L, R, L/cl R, fwd L; Cont circ fwd R, L, R/cl L, fwd R end fc ptrn & wall;
- 9 – 12** **SHLDR TO SHLDR w/ARMS [2] to LH STAR; STRT UMBRELLA TURNS;;**
9-12 Place L hnd on hip fwd L to sdcar pos raising R hnd, rec R to fc, sd L/cl R, sd L; Place R hnd on hip fwd R to bjo pos raising L hnd, rec L, sd R/cl L, sd R trng to L hnd star pos M fc RLOD (W fc LOD); Rd fwd L, rec R, bk L, cl R, bk L (W rk bk R rec L, fwd R trng ½ LF to fc RLOD/cl L, bk R & join R hnds IFO M's chest); Rk Bk R, rec L, fwd R/cl L, fwd R (W rk bk L, rec R, release R hnd hold fwd L, trng ½ RF to fc LOD/cl R, bk L);
- 13 – 16** **FIN UMBRELLA TURNS;; FENCE LINE [2];;**
13-16 Repeat meas 11 Part B; Rk bk R, rec L trng LF to fc ptrn, sd R/cl L, sd R (W rk bk L, rec R trng RF to fc ptrn , sd L/cl R, sd L); In bfly X lunge thru L with bent knee look twd RLOD, rec R trng to fc ptrn, sd L/cl R, sd L; X lunge thru R with bent knee look twd LOD, rec L trng to fc ptrn, sd R/cl L, sd R;

REPEAT PART A

REPEAT PART B

PART C

- 1 – 4** **FWD BASIC; FAN; ALEMANA to CLOSED POS;;**
1-4 Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, sd R/cl L, sd R (W fwd L, trng LF step sd & bk R trng ¼ to L, bk L/lock R IFO L, bk L leave R extended fwd with no wt); Fwd L, rec R, sd L, cl R, sd L lead W to trn RF (W cl R, fwd L, fwd R/L, fwd R commence RF swivel to fc ptrn); Bk R, rec L, sd R/cl L, sd R (W continue RF trn under jnd lead hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L) blend to loose CP;
- 5 – 8** **CUDDLES [3];;; SPOT TURN;**
5-8 Give W slight L sd lead to op her out with slight R sd stretch sd L with L sd stretch, rec R, cl L with R sd stretch place L hnd on W's shldr blade/step IP R, step IP L lead W to CP (W with slight LF stretch trn ½ RF bk R with R sd stretch free arm out to sd, rec L with L sd stretch, fwd R with L sd stretch place R hnd on M's L shldr trng ½ LF/cl L, sd R]; Give W slight R sd lead to op her out with slight L sd stretch sd R with R sd stretch, rec L, cl R with L sd stretch place R hnd on W's shldr blade/step IP L, step IP R lead W to CP (W with slight RF stretch trn ½ LF bk L with L sd stretch free arm out to sd, rec R, with R sd stretch, fwd L with R sd stretch place L hnd on M's R shldr trng ½ RF/cl R, sd L]; Repeat meas 5 Part C; X R IFO L trng ½ LF, rec L cont LF trn to fc ptrn, step Sd R/cl L, sd R;
- 9 – 12** **RK BK to TRIPLE CHA's FWD;; RK FWD TO TRIPLE CHA'S BK;;**
9-12 Rk bk L trng to fc LOD, rec R, fwd L/lock R IBO L, fwd L; Fwd R/lock L IBO R, fwd R, fwd L/lock R IBO L, fwd L; Rk fwd R, rec L, bk R/lock L IFO R, bk R; Back L/lock R IFO L, bk L, bk R/lock L IFO R, bk R;

- 13 – 16** **BRK BK TO FC; U/ARM TRN; REV U/ARM TRN; CUCARACHA;**
13-16 Brk bk L, rec R trng to fc ptr, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R (W X L IFO R und jnd lead hnds trng ½ RF, rec R cont RF trn to fc ptr, sd L/cl R, sd L); X L IF, rec R, sd L/cl R, sd L (W X R IF under jnd lead hnds trng ½ LF, rec L cont LF trn to fc ptr, sd R/cl L, sd R);

ENDING

- 1 – 4** **START PEEK-A-BOO CHASE DOUBLE;;;;**
1-4 Repeat meas 1-3 Part B;;; Fwd R trng ½ LF, rec fwd L, fwd R/cl L, fwd R end in tandem pos both fc wall;
- 5 – 7** **CONT START PEEK-A-BOO CHASE DOUB;;; POINT SD & HOLD;**
5-7 Sd L, rec R, IP L/R, L (W sd R looking over L shldr, rec L, IP R/L, R); Sd R, rec L, IP R/L, R (W sd L looking over R shldr, rec R, IP L/R, L); Point L ft to sd with slight R sd stretch & hold;