

BEAUTIFUL BODY

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MUSIC: CD Curb #77803 Track #1 "If I Said You Had A Beautiful Body" Artist: Bellamy Bros.
FOOTWORK: Opposite For Woman Except Where Noted
RHYTHM: RUMBA
DANCE LEVEL: Phase IV+2 (Open Hip Twist, Single Cuban's)
SPEED: 45 RPM
RELEASED: APRIL 2009

SEQUENCE: INTRO – A – B – A – C – A – END

INTRO

1 – 4 **BTFY FCNG WALL WAIT;; N-YRKR; SPT TRN;**
(N-Yrkr) Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L-; **(Spt Trn)** Rlsng hnds trng ½ rt fc thru R, pvtng ½ lft fc rcvr L to BTFY/WALL, sd R;

PART A

1 – 9 **ALEMANA;; FNCLINE; SPT TRN; HND TO HND; CRABWLK – TWICE;; AIDA; SWITCH RK – OPN;**
(Alemana) Fwd L, rcvr R, sd L-; cross R bhnd, rcvr L, sd R-; **(Woman bk R, rcvr L, sd R-; trng ½ rt fc undr lead hnds cross L in frnt, trng ½ rt fc rcvr R to BTFY, sd L-; (Fncline))** Staying in BTFY/WALL thru-lunge L, rcvr R, sd L-; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvtng ½ lft fc rcvr L to BTFY/WALL, sd R; **(Hnd To Hnd)** Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L-; **(Crabwlk – Twice)** Staying in BTFY/WALL thru R, sd L, thru R-; sd L, clo R, sd L-; **(Aida)** Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to "V" bk to bk position, bk R to fc RLOD-; **(Switch Rk - Opn)** Arcing lead hnds up & twds LOD trng 5/8 lft fc to fc Ptnr sd L to BTFY/WALL, rcvr R, twds OPN/LOD fwd L-;

8 – 14 **KIKI WLK -3; SLIDING DOOR – TWICE;; CUCARACHA – BTFY; BK ½ BASIC;**
(Kiki Wlk -3) With swiv action fwd R, fwd L, fwd R-; **(Sliding Door – Twice)** Sd L, rcvr R, bhnd Woman cross L in frnt to LOPN/LOD-; sd R, rcvr L, bhnd Woman cross R in frnt to OPN/LOD-; **(Cucaracha – Btfy)** Sd L, trng ¼ rt fc rcvr R to BTFY, clo L-; **(Bk ½ Basic)** Bk R, rcvr L, fwd R-;

15 – 16 **SINGLE CUBANS – TWICE – HND SHK;;**
(Single Cubans - Twice - Hnd Shk) Cross L in frnt, rcvr R, sd L;
cross R in frnt, rcvr L, sd R; cross L in frnt, rcvr R, sd L; cross R in frnt, rcvr L, sd R to HND SHK/WALL;

PART B

1 – 7 **FLIRT ONE MEAS. – RT VARSOUV; ROLL LDY TO FAN; HCKYSTIK;; N-YRKR; FNCLINE; OPN BRK;**
(Flirt One Meas – Rt Varsouv) Fwd L, rcvr R, clo L-; **(Woman bk R, rlsng hnds & trng ½ lft fc fwd L to rt VARSOUV fcng WALL, sd R-; (Roll Ldy To Fan))** Bk R, rcvr L, clo R **(Woman keeping lead hnds jnd & trng ¾ lft fc fwd L, sd R, bk L) to FAN POSITION-; (Hckystik)** Fwd L, rcvr R, clo L-; bk R, rcvr L, diag out fwd R to BTFY RLOD/WALL-; **(Woman clo R to L, fwd L, fwd R-; fwd L, trng 5/8 lft fc undr lead hnds bk R, bk L-; (N-Yrkr))** Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L-; **(Fncline)** Staying in BTFY/WALL thru-lunge R, rcvr L, sd R-; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L-;

8 – 14 **WHIP – CTR; N-YRKR; SPT TRN; ½ BASIC; WHIP – WALL; OPN BRK; UNDRARM TRN;**
(Whip – Ctr) Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc bk L to BTFY/COH, sd R-; **(Woman crossing in frnt of Man fwd L, trng ½ lft fc bk R to BTFY, sd L-; (N-Yrkr))** Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L-; **(Spt Trn)** Rlsng hnds trng ½ rt fc thru R, pvtng ½ lft fc rcvr L to BTFY/WALL, sd R-; **(1/2 Basic)** Fwd L, rcvr R, bk L-; **(Whip – Wall)** Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY/WALL, sd R-; **(Woman crossing in frnt of Man fwd L, trng ½ lft fc bk R to BTFY, sd L-; (Opn Brk))** Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L-; **(Undrarm Trn)** Rlsng trail hnds cross R bhnd, rcvr L to BTFY, sd R-; **(Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt, pvtng ½ rt fc rcvr R to BTFY, sd L;)**

15 – 16 **HND TO HND – TWICE – HND SHK;;**
(Hnd To Hnd – Twice Hnd Shk) Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L-; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L, sd R to HND SHK/WALL-;

REPEAT PART "A"

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PART C

- 1 – 6 **OPN HIP TWST; FAN; START AN ALEMANA LDY TO FC; CUCARACHA – TWICE;; FINISH THE ALEMANA;**
(Opn Hip Twst) Fwd L, rcvr R, bk L-; **(Woman bk R, rcvr L, fwd-swiv R ¼ rt fc to fc LOD;)** **(Fan)** Bk R, rcvr L, in plc R to FAN POSITION-; **(Woman fwd L, chgng to lead hnds & trng ½ lft fc sd & bk R, bk L-)** **(Start An Alemana To Fc)** Fwd L, rcvr R, sd L to BTFY/WALL-; **(Woman clo R to L, fwd L, trng ¼ rt fc fwd R to fc Man-;)** **(Cucaracha – Twice)** Sd R, rcvr L, clo R-; sd L, rcvr R, clo L-; **(Finish The Alemana)** Cross R bhnd, rcvr L, sd R to BTFY/WALL-; **(Woman trng ½ rt fc undr lead hnds cross L in frnt, trng ½ rt fc rcvr R to BTFY, sd L-;)**
- 7 – 14 **SHLDR TO SHLDR; SPT TRN; N-YRKR; AIDA; SWITCH; RVS VINE -3; N-YRKR; SPT TRN;**
(Shldr To Shldr) Staying in BTFY/WALL cross L in frnt **(Woman cross R bhnd)**, rcvr R, sd L-; **(Spt Trn)** Rlsng hnds trng ½ rt fc thru R, pvtng ½ lft fc rcvr L to BTFY/WALL, sd R; **(N-Yrkr)** Rlsng trail hnds trng ¼ rt fc thru L, trng ½ lft fc rcvr R to BTFY, sd L-; **(Aida)** Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to "V" bk to bk position, bk R to fc RLOD-; **(Switch)** Arcing lead hnds up & twds LOD trng 5/8 lft fc to fc Ptnr sd L to BTFY/WALL, rcvr R, twds RLOD thru L-; **(Rvs Vine -3)** Sd R, cross L bhnd, sd R-; **(N-Yrkr)** Rlsng trail hnds trng ¼ rt fc thru L, trng ½ lft fc rcvr R to BTFY, sd L-; **(Spt Trn)** Rlsng hnds trng ½ rt fc thru R, pvtng ½ lft fc rcvr L to BTFY/WALL, sd R;
- 15 – 16 **HND TO HND – TWICE;;**
(Hnd To Hnd – Twice) Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L-; rlsng trail hnds trng ¼ rt fc bk R, trng ½ lft fc rcvr L, sd R to BTFY/WALL-;
- REPEAT PART "A"**
- END**
- 1 – 6 **OPN HIP TWST; FAN; HCKYSTIK;; OPN BRK; SD RT & HOLD;**
(Opn Hip Twst) Fwd L, rcvr R, bk L-; **(Woman bk R, rcvr L, fwd-swiv R ¼ rt fc to fc LOD;)** **(Fan)** Bk R, rcvr L, in plc R to FAN POSITION-; **(Woman fwd L, chgng to lead hnds & trng ½ lft fc sd & bk R, bk L-)** **(Hckystik)** Fwd L, rcvr R, clo L-; bk R, rcvr L, diag out fwd R to BTFY RLOD/WALL-; **(Woman clo R to L, fwd L, fwd R-; fwd L, trng 5/8 lft fc undr lead hnds bk R, bk L-)** **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L-; **(Sd Rt & Hold)** Sd R & hold-;