



Bauch Beine Po (Marti Fischer Version)



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MUSIC: Dance: Bauch Beine Po (Marti Fischer Version)
Artist: Marti Fischer Download: iTunes
Sample and by from iTunes:
<https://music.apple.com/ca/album/bauch-beine-po-single/1773760573>
Listen to music sample on YouTube:
<https://youtu.be/zgm0OPIngUA?si=rFHMr0seYTfOQWRW&t=345>

FOOTWORK: Opposite unless noted TIME: 2:33, slow for more comfort e.g. – 10%
RHYTHM: Two Step Ph II+1 (Strolling vine), DEGREE OF DIFFICULTY: Easy
SEQUENCE: Intro – A BC – B – D – B – Ending

Intro:

[1-4] **wait ;; strut tog 4 ;; (SCP)**
6 – 8 ft apt, wait 2 meas ;; fwd L, -, fwd R, - ; fwd L, - fwd R, - ; to (SCP)

Part A:

[1-4] **2 fwd 2s ;; start strllg vin ;;**
Fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ; to (CP)
Slight R fc upper body trn sd L, -, slight L fc upper body trn cross R in back of L, - ; cont trn sd L, cont trn cl R, cont turn sd L, - ;

[5-8] **fin strllg vin ;; 2 trn 2s ;; (PU)**
comm slight L fc upper body trn sd R, -, slight R fc upper body trn cross L in back of R, - ; cont trn sd R, cont trn cl L, cont trn sd R, - ; sd L, cl R, trn L, - ; sd R, cl L, trn R, - ; to PU

[9-12] **scis (Scar) ; wlk out 2 ; scis (Bjo) ; run 4 ; (Bjo)**
Sd L, cl R, XLifR, - ; (Scar) wlk R, - wlk L, - ; sd R, cl L, XRifL, - ; (Bjo) fwd L, fwd R, fwd L, fwd R ;

[13-16] **2 fwd 2s ;; wlk to fc ; twrl 2 ; (Bfly)**
Repeat Part A meas 1 & 2 ;; fwd L, -, fwd R, - ; to fc Partner & Wall
fwd L, -, fwd R, - ; {fwd trn R, -, bk trn L, - ;}

Part B:

[1-4] **vine 3 & tch ; wrap ; unwrap ; chng sd ;**
Sd L, XiBR, sd L, - ; sd R, XLIB, sd R, tch L to R {W wraps LF under M's L hand in 3 steps to end wrap pos/wall} ; M steps in place L, R, L as W unwraps,-; M raising joint trail hnds to ld W under and traveling in R fc curve around W fwd R, cl L, fwd R, - ; no hnd joint

[5-8] **solo L trn box ½ ;; skt L & R ; sd 2 stp ;**
Sd L, cl R, fwd trn L, - ; sd R, cl L bk trn R, - ; (bk to bk to partner)
Swvl fwd L/ draw R to L, -, swvl fwd R/draw L to R, - ; sd L, cl R, sd L, - ;

[9-12] **skt R & L ; sd 2 stp ; solo L trn box ½ ;;**
Swvl fwd R/draw L to R, -, swvl fwd L/draw R to L, - ; sd R, cl L, sd R, - ;
Sd L, cl R, fwd trn L, - ; sd R, cl L, bk trn R, - ; to Bfly Pos

[13-16] **vine 3 & tch ; wrap ; unwrap ; chng sd ;**
Repeat Part B meas 1 – 4 ;; ;

Part C:

- [1-4] **fc to fc ; bk to bk ; dbl htch ; ;**
Sd L, cl R, trn L, - ; sd R, cl L, trn R, - ; fwd L, cl R, bk L, - ; bk R, cl L, fwd R, - ;
- [5-8] **crcl awy & tog ; ; start trvng box ; ;**
Fwd trn L, cl R, fwd trn L, - ; fwd trn R, cl L, fwd trn L, - ; to CP
Sd L, cl R, fwd L, - ; fwd trn R, - , fwd L, - ;
- [9-12] **fin trvng box ; ; 2 trn 2s (PU) ; ;**
Sd R, cl L, bk R, - ; fwd trn L, - , fwd R, - ; to CP
Repeat Part A meas 7 & 8 ; ;
- [13-16] **sciss (Scar) ; wlk out 2 ; sciss (Bjo) ; run 4 ;**
Repeat Part A meas 9 – 12 ; ; ;
- [17-20] **2 fwd 2s ; ; wlk to fc ; twrl 2 (Bfly) ;**
Repeat Part A meas 13 – 16 ; ; ; ;

Part D:

- [1-4] **sd, drw, cl ; vine 4 ; sd, drw, cl ; vine 4 ;**
Sd L, drw R to L, cl R, - ; sd L, XibR, sd L, XibR ;
Repeat Part D meas 1 & 2 ; ;
- [5-8] **lace across ; fwd 2 stp (OP) ; chrstn fwd & bk ; ;**
fwd L, cl R to L, fwd L, - ; {W passes in front of partner diagonally across under raised lead hands
fwd R, cl L to R, fwd R,-;} fwd R, cl L, fwd R, - ; to OP fwd L, -, pt fwd R, - ; bk R, - , pt bk L, - ;
- [9-12] **lace bk ; fwd 2 stp (OP) ; chrstn fwd & bk ; ;**
fwd L, cl R to L, fwd L,- ; {W passes in front of partner diagonally across under raised trail hands
fwd R, cl L to R, fwd R,-;} Repeat Part D meas 6 – 8 ; ; ;
- [13-16] **vne apt & clap ; vne tog (SCP) ; twrl 2 ; wlk 2 (Bfly) ;**
Sd L, XibR, sd L, - ; sd R, Xib L, sd R, - ; Repeat Part A meas 16 ; fwd L, - , fwd R, - ; to Bfly Pos

Ending:

- [1-4] **lace across ; fwd 2 spt (OP) ; dbl htch ; ;**
Repeat Part D meas 5 & 6 ; ; Repeat Part C 3 & 4 ; ;
- [5-8] **lace bk ; fwd 2 stp (fc) ; vne 8 ; ;**
Repeat Part D meas 9 & 10 ; ; Repeat Part D meas 2 twice ; ;
- [9] **lunge w/jazz hnds , ,**
Lunge sd L with jazz hands , ,

Bauch Beine Po is a song by the German rapper and singer **Shirin David**, which was released on July 25, 2024. Bauch Beine Po is a rap song whose beat has strong house elements and was written in A minor at 124 beats per minute. The lyrics are based on the title-giving sports program “Bauch Beine Po”, which can also be found literally in various parts of the text. Lines like up and down, we run in time, you want a body? (Yes) - Then you have to push (uh) or go to the gym, become skinny underline this as well. Otherwise, David continues to parody the stereotype of the wealthy woman with lines like Iced Matcha Latte, too late for Pilates – a kiss on the left (mwuah), a kiss on the right (mwuah).

Marti Tom Fischer (born July 26, 1990 in Salzgitter) is a German web video producer, voice imitator, director, musician, music producer, moderator and comedian. He is best known for his videos on his YouTube channel Marti Fischer.

The clip in which the Grimme Award and Golden Camera winner MARTI FISCHER gives a small, fine appetizer of his swing-jazz version of the Shirin David track on social media is just 21 seconds long. 21 seconds that have been viewed 5 million times on TikTok and more than 2 million times on Instagram, and have spawned more than 5,000 creations.

By popular demand from his fans and followers, Marti Fischer released a single of the Ray Charles version of Bauch Beine Po.

Suggested Head Cues

Bauch Beine Po – Two Step Ph II+1
Burger Stefan & Nicolette with Johanna

- Intro: wait ;; strut tog 4 ;;
- Part A: 2 fwd 2s ;; strllng vne ;; ;; 2 trn 2s (PU) ;
Sciss (Scar) ; wlk out 2 ; sciss (Bjo) ; run 4 ;
2 fwd 2s ;; wlk 2 fc ; twrl 2 ;
- Part B: vne 3 & tch ; wrap ; unwrap ; chng sd ;
solo L trn box ½ ;; skate L & R ; sd 2 spt ;
skate R & L ; sd 2 spt ; solo L trn box ½ ;;
Vne 3 & tch ; wrap ; unwrap ; chng sd (Bfly) ;
- Part C: fc to fc ; bk to bk (OP) ; dbl htch ;; crcl awy & tog ;;
trvlng box ;; ;; 2 trn 2s (PU) ;; sciss (Scar) ; wlk out 2 ;
sciss (Bjo) ; run 4 ; 2 fwd 2s ;; wlk 2 fc ; twrl 2 (Bfly) ;
- Part B: vne 3 & tch ; wrap ; unwrap ; chng sd ;
solo L trn box ½ ;; skate L & R ; sd 2 spt ;
skate R & L ; sd 2 spt ; solo L trn box ½ ;;
Vne 3 & tch ; wrap ; unwrap ; chng sd (Bfly) ;
- Part D: sd, drw, cl ; vne 4 ; sd, drw, cl ; vne 4 ; lace X ; fwd 2 spt (OP) ;
charlston fwd & bk ;; lace bk ; fwd 2 stp (OP) ;
charlston fwd & bk ;; vne apt & clap ; vne tog (SCP) ;
twrl 2 ; wlk 2 (Bfly) ;
- Part B: vne 3 & tch ; wrap ; unwrap ; chng sd ;
solo L trn box ½ ;; skate L & R ; sd 2 spt ;
skate R & L ; sd 2 spt ; solo L trn box ½ ;;
Vne 3 & tch ; wrap ; unwrap ; chng sd (Bfly) ;
- Ending: lace X ; fwd 2 stp (OP) ; dbl htch ;; lace bk ; fwd 2 stp (fc) ;
Vine 8 ;; lunge sd w/jazz hnds ,,