

Beggin

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Joey Warren (USA) - October 2008
音乐: Beggin' - Madcon



Slide-Step, Rock-Recover-Step, Slide-Step, Rock-Recover-Step

1 – 2 Big step out to R, Step L foot next to R (push off your L foot to take big step w/ R)
3-&-4 Rock back on R foot, Recover on to L foot, Step R foot next to L
5 – 6 Big step out to L, Step R foot next to L (push off your R foot to take big step w/ L)
7-&-8 Rock back on L foot, Recover on to R foot, Step L foot next to R

Cross Rock Recover, Out-Out-Cross-Touch, ¾ Turn R, Mambo Step

1 – 2 Cross Rock R foot diagonally across L, Recover back on L
&3&4 Step R out to R, Step L out to L, Step R foot in towards L, Cross L foot over R
&-5-6 Step R out to R side, Touch L toe behind R, Unwind ¾ turn L (weight on L)
7-&-8 Rock R foot forward, Recover back on L foot, Step R foot back behind L

Make 1 ½ Turns L, Walk x2, Mambo Step, ½ Turn R, ¼ Turn R

1 – 2 ½ turn L stepping L foot forward, Full Turn L stepping R forward
3 – 4 Step L foot forward, Step R foot forward
5-&-6 Rock L foot forward, Recover back on R, Step L foot back behind R
7 – 8 ½ turn R stepping R foot forward, ¼ turn R stepping L foot out to L side

R Sailor Step, Kick-Rock-&-Cross, 1 ¼ Turn

1-&-2 Step R foot behind L, Step L foot in place, Step R foot out to R side
(as you do the sailor step slightly turn yourself so you are at your R diagonal)
3-&-4 Kick L foot forward, step L foot beside of R, Rock R foot out to R side
& - 5 Step L foot in place, Cross R foot over L (centering up with wall)
6-7-8 ¼ turn L stepping L foot forward, ½ turn L stepping R back, ½ turn L stepping L forward

RESTART: Happens AFTER you start your 8th wall. You dance the FIRST 16 counts but instead of stepping back on the right foot for count 8, you touch the R beside left and restart there. You will be facing the 12 o'clock wall.

TAG: Happens DURING the 10th wall. Dance the FIRST 16 counts and instead of stepping on count 8, touch like you did in the restart.

1 – 8 You are going to do a full turn by doing chug steps around to the left. So weight stays on the left but you step out on the R turning about an 1/8th each time making the steps strong. Remember weight needs to be on L to start the dance.

After tag, begin again!