

Beggin'

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Crazy Chris (UK) - October 2008
音乐: Beggin' - Madcon : (3:37)



Start on main vocals - approx 31 seconds into track

Step ½ Turn, Kick Ball Change, Point & Point, & L Slide Together.

1,2 Step L Forward, Pivot ½ Turn R Taking Weight,
3&4 Kick L Forward, Step L Beside R, Step R Beside L,
5&6 Point L To L Side, Step L Beside R, Point R To R Side,
&7,8 Step R Beside L, Take Large Step To L With L, Step R Beside L.
(6 O Clock)

Step Twist Twist, Step Twist Twist, L Coaster Step, Hitch ¼ Hitch.

1&2 Step L Forward, Twist Both Heels To L, Twist Both Heels Back To Centre,
3&4 Step R Forward, Twist Both Heels To R, Twist Both Heels Back To Centre,
5&6 Step L Back, Step R Beside L, Step L Forward,
7&8 Hitch R Knee Forward, Lower Knee Turning ¼ Turn To R, Hitch R Knee.
(9 O Clock)

Side Rock &, Side Rock & ¼, Side Rock &, Side Rock & ¼.

1,2& Step R To R Side, Rock L Behind R, Recover Onto R,
3,4& Step L To L Side, Rock R Behind L, Recover Onto L Turning ¼ L,
5,6& Step R To R Side, Rock L Behind R, Recover Onto R,
7,8& Step L To L Side, Rock R Behind L, Recover Onto L Turning ¼ L.
(3 O Clock)

Rock Recover, Back Step With Hip Bumps, Back Step With Hip Bumps, Coaster Step.

1,2 Rock R Forward, Recover Onto L,
3&4 Step R Back Bumping Hips Back, Bump Hips Forward, Bump Hips Back,
5&6 Step L Back Bumping Hips Back, Bump Hips Forward, Bump Hips Back,
7&8 Step R Back, Step L Beside R, Step R Forward.
(3 O Clock)

www.crazygangerentertainment.co.uk