

# 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](http://www.crazygangerentertainment.co.uk)