

# Mr. Bega (Tic Tac)

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Sebastiaan Holtland (NL) - October 2010  
音乐: My Day - Lou Bega : (CD: Free Again 2010)



**32 Count intro (16 Sec) Start on the words "Hello"**

**Sec 1: 1-8 Rock Fwd / Recover, Side Rock / Recover, 1/4 Turn R, Back Rock / Recover, 1/2 Turn L, Back, Continue a 1/4 Turn L, Side**

1-2            Rock forward on Rf, recover on Lf (12:00)  
3-4            Rock Rf to the the right, recover on Lf  
5-6            Making a 1/4 turn to right (3) rock back on Rf, recover on Lf  
7-8            Making a 1/2 turn to left (9) step back on Rf, continue a 1/4 turn to left (6) step Lf to the left weight onto Lf

**Sec 2: 9-16 Syncopated Rocks Fwd R-L, 1/2 Pivot L, Full Turn L (Travelling fwd)**

1-2            Rock forward on Rf, recover on Lf weight onto Lf (6:00)  
&3-4          Step Rf beside Lf, rock forward on Lf, recover on Rf weight onto Rf  
&5-6          Step Lf beside Rf, step forward on Rf, making a 1/2 turn to left (12) take weight onto Lf  
7-8            Making a 1/2 turn to left (6) step back on Rf, continue a 1/2 turn left (12) step forward on Lf weight onto Lf

**Sec 3: 17-24 Step Fwd, 1/4 Turn R, Side / Recover, Cross, Heels Fwd Fwd, Back, Cross**

1-2            Step forward on Rf, making a 1/4 turn to right (3) step Lf to the left  
3-4            Recover on Rf, cross Lf over Rf weight onto Lf  
5-6            Step forward on R heel, step forward on L heel  
7-8            Step back on Rf, cross Lf over Rf weight onto Lf (3:00)

**Sec 4: 25-32 Diagonal Kick Fwd, Cross, Back, 1/4 Turn R, Side, Heel, Lock, Step Fwd, Touch**

1-2            Kick diagonally forward on Rf, cross Lf over Rf (3)  
3-4            Step back on Lf, making a 1/4 turn to right (6) step Rf to the right  
5-6            Step forward on L heel, replace on Lf, lock Rf behind Lf take weight onto Rf  
7-8            Step forward on Lf, touch Rf next to Lf weight onto Lf (6:00)

**Restart Here WALL 3 after 32 count ( Facing 12 o'clock)**

**Sec 5: 33-40 Side, Tog, Side, Tog, 1/4 turn R, Side Tog, Side, Stomp**

1-2            Step Rf to the right, tog Lf beside Rf (6:00)  
3-4            Step Lf to the left, tog Rf beside Lf  
5-6            Making a 1/4 turn to right (9) step Rf to the right, tog Lf beside Rf  
7-8            Step Lf to the left, stomp Rf beside Lf weight onto both feet (9:00)

**Sec 6: 41-48 Side Point, Together, Side Point, Together, Heel / Replace, 1/4 Turn L, Heel / Replace**

1-2            Point Rf to the right, step Lf next to Rf (9:00)  
3-4            Point Lf to the left, step Rf next to Lf  
5-6            Bring R heel forward, making a 1/4 turn left (6) replace on Rf (slightly forward)  
7-8            Bring R heel forward, replace on Rf (slightly forward) (6:00)

**Option: When you do the steps 45 t/m 48, shaking with both hands on hip high**

**Sec 7: 49-56 Cross, 1/4 Turn R, Back, Side, Step Fwd, 1/2 Monterey Turn L**

1-2            Cross Rf over Lf, making a 1/4 right (9) step back on Lf weight onto Lf  
3-4            Step Rf to the right side, step forward on Lf weight onto Lf  
5-6            Touch R toe out to the right, pivot 1/2 right (3) and step Rf next to Lf  
7-8            Touch L toe out to the left, step Lf next to Rf take weight onto both feet (3:00)

**Sec 8: 57-64 Fwd Coaster Step, Together, Down Up, Down Up**

- 1-3 Step forward on Rf, step Lf beside Rf, step back on Rf (Fwd coaster) (3:00)
- 4 Step Lf next to Rf weight onto both feet
- 5-6 Dip body down, coming up weight onto both feet
- 7-8 Dip body down, coming up weight onto both feet

**Start Again And Have Fun!**

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