

Leggin

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Benjamin Wright (USA) - October 2024
音樂: Beggin' - Madcon



Intro: after slow intro start on beat at end of bass riff (close to 32 counts)

*1st Restart after 16 counts of dance

[1-8] Stomp Right, Kick Right, Right Coaster Step, Shuffle Forward Left, Shuffle Forward Right

- 1, 2 - (1) RF stomp next to LF, (2) kick RF forward
- 3&4 - (3) Step RF back, (&) close LF next to RF, (4) Step RF forward
- 5&6 - (5) Step LF forward, (&) Close RF next to LF, (6) Step LF forward
- 7&8 - (7) Step LF forward, (&) Close RF next to LF, (8) Step LF forward

[9-16] Rock Forward Left, Recover w/ 1/2 L, Shuffle Forward Left, Step Right, Behind Side Cross, Press Right Recover w/ Stomp

- 1, 2 - (1) Step LF forward with rocking motion, (2) rock back on RF starting 1/2 L turn
- 3&4 - (3) Completing 1/2 L turn (6:00) Step LF forward, (&) Close RF next to LF, (4) Step LF forward
- &5&6 - (&) Step RF to R, (5) Step LF behind RF, (&) Step RF to R, (6) Cross LF over RF
- 7, 8 - (7) Press RF to R, (8) Recover weight on LF with Stomp

[17-24] Cross Heel Grind to Left, Sailor Step Right, Sailor Step Left, Hip Bump Right, Hip Bump Left

- 1, 2 - (1) RF heel touch cross over LF, (2) RF heel grind in place as LF steps L
- 3&4 - (3) Step RF behind LF, (&) Step LF to L, (4) Step RF to R
- 5&6 - (5) Step LF behind RF, (&) Step RF to R, (6) Step LF to L
- 7, 8 - (7) Step RF to R while bumping R Hip, (8) Step LF to L while bumping L Hip

[25-32] Step Pivot 1/2, Step Pivot 1/2, 1/4 R Turn Jazz-box

- 1, 2 - (1) Step RF forward, (2) Pivot 1/2 L (12:00)
- 3, 4 - (3) Step RF forward, (4) Pivot 1/2 L (6:00)
- 5, 6 - (5) Cross RF over L, (6) Step LF back 1/4 over R shoulder (9:00)
- 7, 8 - (7) Step RF to diagonally to R, (8) Step LF next to RF

**2nd Restart: on wall 9 restart after 16 counts of dance

***tip: wall 8 starts the second rap verse, during wall 9 that rap verse concludes 16 counts in which signals the restart

***3rd Restart: on wall 12 restart after 24 counts of dance

***tip: wall 12 is completely instrumental, during counts 20-24 the music plays a very high rhythmic sound that sounds like "ting ting ting ting" which will signal the restart to be on count with the chorus

***tip: the very end of the song ends with 5 deep base notes, the counts for those notes are 1,2 (skip 3), & 4, 5, so if you stomp to this beat, it really ties the whole dance together

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