

I Beg You

拍數: 96 牆數: 2 級數: Phrased Improver
編舞者: Kaleb Shrimpton (UK) - December 2024
音樂: Beg You - Emotional Oranges & Nonso Amadi



Intro 32 counts, starts approx. 15 seconds

Sequence: A, B, C, A, B, A (counts 1-16), C, A

Part A: 32c - Funky section

SEC 1: Step (R) sweep (L), cross (L), side rock, recover (R) walk, walk

1-2 Step right foot forward, sweep left foot forward
3-4 Sweep left foot around right, cross left over right
5-6 Rock right to right side, recover weight onto the left
7-8 Step right foot forward, step left foot forward

SEC 2: side rock, recover (R) walk, walk, jump out, clap, jump in, clap

1-2 Rock right out to right side, recover weight onto left
3-4 Step right foot forward, step left foot forward
&5-6 Jump forward for &, hold for 5, clap for 6
&7-8 Jump backward for &, hold for 7, clap for 8

RESTART HERE WALL 6

SEC 3: side rock, recover (R) behind and cross, heel grind ¼ (L) Sailor step ¼ (R)

1-2 Rock right to right side, recover onto the left
3&4 Step right behind left, step left to left side, cross right over left
5-6 heel on the left, ¼ over left shoulder on the heel to face 9:00 with weight on right
7&8 step left behind right, step right to right side turning ¼ to face 12:00, step left down

SEC 4: Hitch (R) hook (L) Hitch (R) hook (L) Jump in, hold, heel (R) heel (L)

1-2 hitch right foot, hook left foot behind
3-4 hitch right foot, hook left foot behind
&5-6 Jump left back, jump right back, hold
7&8& Right heel, step right down, left heel, step left down

Part B: 32c - Cha section

SEC 1: full turn diamond step

1&2 Cross right over left, step left to left, turn ¼ right step right back
3&4 Step left behind right, step right to right, step left behind right turning ¼
5&6 step right to right, step left behind right, turn ¼ right step right back
7&8 Step left behind right, step right to right, step left behind right turning ¼

SEC 2: Rock (R) recover, coaster step (R) rock (L) recover, full turn coaster

1-2 Rock right foot forward, recover weight onto left
3&4 step right back, step left next to right, step right forward
5-6 Rock left forward, recover onto right
7&8 step left ½ back, step right ½ next to left, step left forward

SEC 3: full turn diamond step

1&2 Cross right over left, step left to left, turn ¼ right step right back
3&4 Step left behind right, step right to right, step left behind right turning ¼
5&6 step right to right, step left behind right, turn ¼ right step right back
7&8 Step left behind right, step right to right, step left behind right turning ¼

SEC 4: Rock (R) recover, coaster step (R) rock (L) recover, ½ turn coaster

- 1-2 Rock right foot forward, recover weight onto left
- 3&4 step right back, step left next to right, step right forward
- 5-6 Rock left forward, recover onto right
- 7&8 step left ½ back, step right next to left, step left forward

PART C: 32c - Funky section

SEC 1: Toe strut (R) toe strut (L) toe strut (R) toe strut (L)

- 1-2 point right forward, step weight down
- 3-4 point left forward, step weight down
- 5-6 Point right back, step weight down
- 7-8 Point left back, step weight down

Arms 5-8 beckon someone towards you with a hand gesture

SEC 2: Walk, walk, walk, walk and kick (R,L,R,L) toe strut (R) toe strut (L)

- 1-2 Step right foot forward, step left foot forward
- 3-4 Step right foot forward, step left foot forward and kick right foot
- 5-6 Point right back, step weight down
- 7-8 Point left back, step weight down

Arms 5-8 beckon someone towards you with a hand gesture

SEC 3: Samba step (L) Samba step (L) Toe strut (R) Toe strut (L)

- 1&2 cross right over left, rock left to left side, recover weight onto right
- 3&4 cross left over right, rock right to right side, recover weight onto left
- 5-6 Point right back, step weight down
- 7-8 Point left back, step weight down

Arms 5-8 beckon someone towards you with a hand gesture

SEC 4: Cross (R) step to side, bounce, cross (L) step to side, bounce

- 1-2 Cross right over left, step left to left side
 - 3&4 Point right to right side, lift weight onto right toes, place weight down on right
 - 5-6 Cross left over right, step right to right side
 - 7&8 Point left to left, lift weight onto left toes, place weight down on left
-