

Begin The Beguine

拍數: 64 牆數: 1 級數:
編舞者: Charlotte Skeeters (USA)
音樂: Begin the Beguine - The Limeliter



BACK, RECOVER, FORWARD, HOLD, LOCK, FORWARD, FORWARD, ½ PIVOT, SIDE

1-4 Right rock back; recover forward left; right step forward; hold
& Left forward in lock step behind right
5-6 Right step forward; left step forward
7-8 Pivot ½ turn right (transfer weight right); left step side left

Next 8 counts are repeats of above, except for count 8 which becomes a hold

BACK, RECOVER, FORWARD, HOLD, LOCK, FORWARD, FORWARD, ½ PIVOT, HOLD

1-4 Right rock back; recover forward left; right step forward; hold
& Left forward in lock step behind right
5-6 Right step forward; left step forward
7-8 Pivot ½ turn right (transfer weight right); hold

SIDE, BEHIND, ¼, FORWARD, ½, HOLD, FORWARD, FORWARD, FORWARD

1-2 Left step side left; right cross behind left
3-4 Left step side left into ¼ turn left; right step forward
5-6 Pivot ½ turn left (transfer weight left); hold
& Right step forward next to left
7-8 Left step forward; right step forward (big step)

BACK, HOLD, BACK(&), CROSS, BACK, BACK, RECOVER, FORWARD, ¼ TURN

1-2 Step left back (big step); hold
& Right step back slight angle right
3-4 Left cross over front of right (still moving back); right step back
5-6 Left step back; recover weight forward right
7-8 Left step forward; pivot ¼ turn right (transfer weight right)

CROSS, SIDE, FORWARD, SWING UP, SWING DOWN, BACK, ¼ TURN, HOLD/Drag

1-2 Left cross over right; right step side right
3 Step left forward (in front of right with slight cross - big step)
4 Swing right leg up into slight kick forward
5 Swing right leg down crossing over front and to side of left (weight right)
6-7 Left step back; right step back into ¼ turn right (big step)
8 Hold and start dragging left toward right

CROSS, SIDE, FORWARD, SWING UP, SWING DOWN, BACK, ¼ TURN, HOLD/Drag

1-8 Repeat above 8 counts

CROSS/LUNGE, RECOVER, SIDE, CROSS/LUNGE, RECOVER, ¼ TURN, FORWARD, ½ PIVOT

1 Left cross over right into "lunge" (keep right in place, bend both knees)
2-3 Recover weight to right; left step side left
4 Right cross over left into "lunge" (keep left in place, bend both knees)
5-6 Recover weight to left; right step side right into ¼ turn right
7-8 Left step forward; pivot ½ turn right (transfer weight right)

¼ SWAY LEFT (2 CTS.); SWAY RIGHT (2 CTS.); BACK, RECOVER, RECOVER, HOLD

- 1-2 Left step forward into ¼ turn right starting hip/body sway left (2 counts)
- 3-4 Transfer weight to right and sway hips/body right (2 counts)
- 5-7 Left step back; recover weight forward right; recover weight back left
- 8 Hold

Option: At the end of the first round, there is a nice break in the music on last 3 counts 6-7-8. You can simply hold for these last 3 counts, weight will be back on your left

REPEAT

TAG

One time only easy tag when using The Limelites version of this song. After 3rd round, there is an 8 count tag:

- 1-2 Right rock back; recover weight forward onto left
 - 3-4 Right rock forward; hold
 - 5 Step left back (big step)
 - 6-7-8 Hold for these 3 counts
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