

Beg For It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mikael Mölsä (FIN) - November 2007
音樂: Beg for It - Omarion : (CD: 21)



Starting point: When the beat kicks (at the vocals) in about 0:17.

BRUSH, HOOK, JUMPING FULL TURN, SHOULDER POPS, HANDS WITH A JUMP

- 1-2 Brush right foot forward, hook right in front of left
- 3&4 With little jumps unwind a full turn to left (on count 4 you jump your feet shoulder width apart)
- 5-6 Push your shoulders to the right, push your shoulders to the left
- 7 With your right hand touch your left shoulder and with you left hand touch your right shoulder
- & With your right hand touch your right shoulder and with you left hand touch your left shoulder
- 8 With your both hands slap your bottom and jump your feet together (weight ends up on left)

Note: During the hand movements on counts 7-8 you naturally bring your chest back to center.

HEEL GRIND, STEP, TWISTS, KNEE TWISTS

- 1-2 Touch right heel forward turning toes clockwise from left to right
- 3&4 Step left forward, twist left toe and right heel out, twist left toe and right heel in
- 5-6 Step right to side and twist right knee out, twist right knee in
- 7&8 Twist right knee out, twist right knee in, twist right knee out

Arm movement: On counts 1-2 spread your hands in front of your chest as you would be ripping something apart. On count 8 lift your right hand in a 90 degree angle in front of your chest (palm facing upwards) and tilt your head to right to emphasize the beat.

TOGETHER, KICK, SAILOR TOUCH, SIDE STEPS WITH OPTIONAL SHOULDERS

- &1-2 Step right next to left, kick left to left side, bring left foot behind
- 3&4 Step left behind right, step right next to left, TOUCH left diagonal
- 5&6 Step left to the side, step right behind left, step left to side, step right behind left
- 7&8 Step left to the side, step right ACROSS left, unwind a ½ turn to left (weight ends up on left)

Optional arm movements: As you lean slightly to left, on counts 5,6,7 you push your left shoulder down and right shoulder up. On the & -counts during counts 5-8 push your left shoulder up and your right shoulder down. Straighten up to normal position on count 8.

HEEL SWITCHES, KICK, STEP, STEP, HAND TURN, ARM ROLL

- 1& Touch right heel forward, step right next to left
- 2& Touch left heel forward, step left next to right
- 3&4 Kick right foot forward, step right back, step left forward (weight is on both feet)
- 5 Reach right hand forward as you were grabbing something from there
- 6 With your right hand "pull" from forward to the side as you turn ¼ to right (weight is on both feet)
- 7&8 Roll your arms from right to left while transferring your weight to left foot

Option: Should arm roll be too difficult for you, just slide right foot next to left without any arms. Or do a body roll down, should you like them more.

REPEAT