Beggin' Like Mad



拍数: 32 墙数: 4 级数: High Beginner

编舞者: Christopher Gonzalez (USA) - October 2020

音乐: Beggin' - Madcon



Notes Restart on wall 11 facing 6:00 after 8 counts of repeated notes; note the "rock-recover" change of step (7, 8)

[1-8] Step R Side, Clap, Behind-Side-Cross, Side Rock-Recover, Crossing Shuffle 12:00

1, 2 Step R to side (with oomph!) (1), hold and clap hands together in front of chest (2) 12:00

3&4 Ball L behind R (3), step R to side (&), step L across R (4) 12:00

5, 6 Rock R to side (5), recover L (6) 12:00

7&8 Step R across L (7), ball L slightly to L side (&), step R across L (8) ::

Restart: On wall 11, facing 6:00, dance first 6 counts, then rock R behind L (7) and recover L (8) before restarting - 12:00

[9-16] Step L Side, Touch Behind, Kick-Ball-Cross, Step Side, Ball Behind, 1/4 R Turn w/ R Fwd Triple 12:00

1, 2 Step L to side (1), touch R behind L (2) ::

Optional: reach both hands straight forward (1), throw both fists down to L, as if ripping a curtain off of its rod (2) 12:00

3&4 Kick R forward slightly toward R corner (3), ball right in place (&), step L across R (4) 12:00

5, 6 Step R to side (5), ball L behind R (6) 12:00

7&8 Turn 1/4 R and step R forward (7), ball L together (&), step R forward (8) 3:00

[17-24] Step, 1/2 Turn, Fwd Triple, Step, 1/2 Turn, Fwd Triple 3:00

1, 2	Step L forward (1), turn 1/2 R and shift weight to R (2) 9:00
3&4	Step L forward (3), ball R together (&), step L forward (4) 9:00
5, 6	Step R forward (5), turn 1/2 L and shift weight to L (6) 3:00
7&8	Step R forward (7), ball L together (&), step R forward (8) 3:00

[25-32] Rock-Recover, Coaster Step, Step, 1/2 Turn, Step, 1/2 Turn 3:00

1, 2	Rock L forward (1), recover R (2) 3:00
------	--

3&4	Step L back (3), ball R together (&), step L forward (4) 3:00
5, 6	Step R forward (5), turn 1/2 L and shift weight to L (6) 9:00
7, 8	Step R forward (7), turn 1/2 L and shift weight to L (8) 3:00