Begin The Beguine

拍数: 64   **墙数:** 1   **级数:**

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音乐: Begin the Beguine - The Limeliters

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 Limeliters 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