

Beg For It

Choreographed by: Mikael Mölsä (7.11.2007 at 22:30)

Description: 32 counts, 4 wall line dance

Music: Beg For It by Omarion (CD: 21)

Level: Intermediate

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

