

Mr. Bega (Tic Tac)

64 Count, 4 Wall, Intermediate

Choreographer: Sebastiaan Holtland (NL) Oct 10

Choreographed to: My Day by Lou Bega,

CD: Free Again, 2010

32 Count intro (16 Sec) Start on the words "Hello"

1-8 Rock Fwd / Recover, Side Rock / Recover, 1/4 Turn R, Back Rock / Recover, 1/2 Turn L, Back, Continue a 1/4 Turn L, Side

1-2 Rock forward on Rf, recover on Lf (12:00)

3-4 Rock Rf to the the right, recover on Lf

5-6 Making a 1/4 turn to right (3) rock back on Rf, recover on Lf

7-8 Making a 1/2 turn to left (9) step back on Rf, continue a 1/4 turn to left (6) step Lf to the left weight onto Lf

9-16 Syncopated Rocks Fwd R-L, 1/2 Pivot L, Full Turn L (Travelling fwd)

1-2 Rock forward on Rf, recover on Lf weight onto Lf (6:00)

&3-4 Step Rf beside Lf, rock forward on Lf, recover on Rf weight onto Rf

&5-6 Step Lf beside Rf, step forward on Rf, making a 1/2 turn to left (12) take weight onto Lf

7-8 Making a 1/2 turn to left (6) step back on Rf, continue a 1/2 turn left (12) step forward on Lf weight onto Lf

17-24 Step Fwd, 1/4 Turn R, Side / Recover, Cross, Heels Fwd Fwd, Back, Cross

1-2 Step forward on Rf, making a 1/4 turn to right (3) step Lf to the left

3-4 Recover on Rf, cross Lf over Rf weight onto Lf

5-6 Step forward on R heel, step forward on L heel

7-8 Step back on Rf, cross Lf over Rf weight onto Lf (3:00)

25-32 Diagonal Kick Fwd, Cross, Back, 1/4 Turn R, Side, Heel, Lock, Step Fwd, Touch

1-2 Kick diagonally forward on Rf, cross Lf over Rf (3)

3-4 Step back on Lf, making a 1/4 turn to right (6) step Rf to the right

5-6 Step forward on L heel, replace on Lf, lock Rf behind Lf take weight onto Rf

7-8 Step forward on Lf, touch Rf next to Lf weight onto Lf (6:00)

Restart Here WALL 3 after 32 count (Facing 12 o'clock)

33-40 Side, Tog, Side, Tog, 1/4 turn R, Side Tog, Side, Stomp

1-2 Step Rf to the right, tog Lf beside Rf (6:00)

3-4 Step Lf to the left, tog Rf beside Lf

5-6 Making a 1/4 turn to right (9) step Rf to the right, tog Lf beside Rf

7-8 Step Lf to the left, stomp Rf beside Lf weight onto both feet (9:00)

41-48 Side Point, Together, Side Point, Together, Heel / Replace, 1/4 Turn L, Heel / Replace

1-2 Point Rf to the right, step Lf next to Rf (9:00)

3-4 Point Lf to the left, step Rf next to Lf

5-6 Bring R heel forward, making a 1/4 turn left (6) replace on Rf (slightly forward)

7-8 Bring R heel forward, replace on Rf (slightly forward) (6:00)

Option: When you do the steps 45 t/m 48, shaking with both hands on hip high

49-56 Cross, 1/4 Turn R, Back, Side, Step Fwd, 1/2 Monterey Turn L

1-2 Cross Rf over Lf, making a 1/4 right (9) step back on Lf weight onto Lf

3-4 Step Rf to the right side, step forward on Lf weight onto Lf

5-6 Touch R toe out to the right, pivot 1/2 right (3) and step Rf next to Lf

7-8 Touch L toe out to the left, step Lf next to Rf take weight onto both feet (3:00)

57-64 Fwd Coaster Step, Together, Down Up, Down Up

1-3 Step forward on Rf, step Lf beside Rf, step back on Rf (Fwd coaster) (3:00)

4 Step Lf next to Rf weight onto both feet

5-6 Dip body down, coming up weight onto both feet

7-8 Dip body down, coming up weight onto both feet

Start Again And Have Fun!