

# Be Serious

拍数: 32      墙数: 4      级数: Improver  
编舞者: Karl Cregeen (UK)  
音乐: Addicted To Love - Kimber Clayton



## RIGHT HEEL BALL CROSS TWICE, TOE, HEEL, CROSS SHUFFLE

- 1&2      Touch right heel forward diagonally, place ball of right next to left and put weight on it, cross left foot over right (put weight on left)  
3&4      Touch right heel forward diagonally, place ball of right next to left and put weight on it, cross left foot over right (put weight on left)  
5-6      Touch right toe to left instep, touch right heel to left instep  
7&8      Cross right foot over left and shuffle to the left with legs still crossed right, left, right

## LEFT HEEL BALL CROSS TWICE, TOE, HEEL, CROSS SHUFFLE

- 9&10      Touch left heel forward diagonally, place ball of left next to right and put weight on it, cross right foot over left (put weight on right)  
11&12      Touch left heel forward diagonally, place ball of left next to right and put weight on it, cross right foot  
13-14      Touch left toe to right instep, touch left heel to right instep  
15&16      Cross left foot over right and shuffle to the right with legs still crossed left, right, left

## ROCK STEP, $\frac{3}{4}$ TURNING SHUFFLE

- 17-18      Step forward right foot rocking weight on to it, transfer weight back onto left foot  
19&20      Turn  $\frac{3}{4}$  to right with-a turning shuffle right, left, right  
21-22      Step forward left foot rocking weight on to it, transfer weight back onto right foot  
23&24      Turn  $\frac{1}{2}$  to left with a turning shuffle left, right, left

## "DWIGHT TOE AND HEEL SWIVELS" TO RIGHT

- 25      Touch right toe to left instep while swiveling left heel top right  
26      Touch right heel to left instep while swiveling left toe to right  
27-32      Repeat step 25-26 three more times (8 counts in all to right)

## RIGHT ROCK STEP, CROSS SHUFFLE TO LEFT

- 33-34      Step right to right side rocking weight on to it, recover weight back onto left  
35&36      Cross right foot over left and shuffle to the left with legs still crossed right, left, right

## LEFT ROCK STEP, CROSS SHUFFLE TO RIGHT

- 37-38      Step left to left side rocking weight on to it, recover weight back onto right  
39&40      Cross left foot over right and shuffle to the right with legs still crossed left, right, left

## TOE STRUTS BACK ROCK STEPS

- 41-42      Step back with right toe, slap right heel down  
43-44      Step back with left toe, slap left heel down  
45-46      Step back on right foot, rocking weight onto it, transfer weight back onto left  
47-48      Step forward on right foot, rocking weight onto it, transfer weight back onto left

## TOE STRUTS BACK ROCK STEP, RONDE $\frac{1}{2}$ TURN

- 49-50      Step back with right toe, slap right heel down  
51-52      Step back with left toe, slap left heel down  
53-54      Step back on right foot, rocking weight onto it, transfer weight back onto left  
55-56      Ronde  $\frac{1}{2}$  turn over left shoulder ending with weight on left

**This ronde step is to complete a  $\frac{1}{2}$  turn with weight on left foot and "sweeping" right foot out to right and**

brushing the right toe on the floor while completing the ½ turn, ending with right toe slightly out to right side

**SYNCOPATED HEEL AND TOE TOUCHES, SYNCOPATED SPLIT, HIP BUMPS**

&57-58 Step right next to left (change weight), take left heel forward, clap

&59-60 Step left next to right (change weight), take right toe back, clap

&61-62 Step right to right (weight even), step left to left side slightly, clap

63-64 Hip bump, right then left

**REPEAT**

**POSSIBLE VARIATIONS FOR HIP BUMPS**

Standard (right then left)

Rotational (grind your hips round in a circle horizontally)

Figure C (swing your hips in a "C" shape vertically)

Nanigo (short sharp thrusts of your hips forward and backwards)

Or basically wiggle anything you've got!

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