

# Be Serious!

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Avril King (UK)  
音乐: It's Not That Serious - Jennifer Lopez



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## SIDE, CLOSE, CHASSE, ROCK STEP, COASTER

1-2            Step the right to the right side, step the left next to the right replacing the weight  
3&4            Chasse to the right with the right leg, right, left, right  
5-6            Rock forward onto the left, then rock back onto the right  
7&8            Left coaster step in place

## KICK BALL TOUCH TWICE, TURN HEAD, BODY, BODY ROLL

9&10          Kick the right in front, step in place, point the left to the left side  
11&12        Repeat steps (9-10) with the left leg  
13            Turn the head sharply to face the right side, leaving the foot pointed to the side  
14            Turn the body to face the right side, the foot is now pointed in front  
15-16        Body roll for 2 counts

## COASTER, SHUFFLE, ROCK STEP, FULL TURN SHUFFLE

17&18        Coaster step starting with the right foot  
19&20        Shuffle forward starting with the left  
21-22        Rock forward on the right, recover on the left  
23&24        Take 3 steps making a full turn to the right stepping right, left, right

## ¼ TURN, SHUFFLE, SWEEP, ROCK, REPLACE

25-26        Step forward on the left and make a ¼ turn to the right ending with weight on the right  
27&28        Shuffle to the right starting with the left crossing over the right  
29-30        Sweep the right from the back to the front stepping it slightly forward on the last count  
31&32        Rock the left to the left side, recover onto the right and step the left in place leaving the right foot free

## REPEAT

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