Serious 2008



编舞者: Bracken Heidenreich (USA) - July 2008

音乐: Serious - Duffy: (CD: Rockferry)



Start 16 counts after main beat, on the word "trophy" (30 counts from start of track)

(1-8) Forward, Quarter, Behind & Quarter, Turn, Sweep, Behind Side Cross			
1,2	Step Right forward; Make ¼ turn right and step Left to left side (3:00)		
3&4	Step ball of Right behind left; & Step Left in place; Make ¼ turn right and step Right forward (6:00)		
5,6	As you turn (in place, on the spot) ½ turn right, bring Left next to right (3rd position); Continue another ¼ turn right, extending leg and sweeping Right from front to back (3:00)		
7&8	Step Right behind left; & Step Left to left side; Step Right across (in front of) left (3:00)		
(9-16) Side, Rock, Behind Side Cross & Cross, Quarter, Step Pivot Step			
1,2	Rock Left to left side; Recover to right (3:00)		
3&4	Step Left behind right; & Step Right to right side; Step Left across (in front of) right (3:00)		
&5,6	& Step ball of Right foot slightly to right; Step Left across (in front of) right; Make $\frac{1}{4}$ turn right and step Right forward (6:00)		
7&8	Step Left forward; & ½ pivot right; Step Left forward (12:00)		
(17-24) Half, Quarter, Cross Back Back, Back Together Quarter, Walk, Walk			

(17-24) nall, Q	Jarter, Cross Back Back, Back rogether Quarter, Wark, Wark
1,2	Make ½ turn left and step Right back; Make ¼ turn left and step Left to left side (3:00)
3 & 4	Step Right across (in front of) left; & Step Left back; Step Right back (3:00)
5 & 6	Step Left back; & Step Right next to left (open slightly to right so next step is easier); Make 1/4
	turn right and step Left forward (6:00)
7,8	Walk forward Right; Walk forward Left (6:00)

(25-32) Rock & Half, Triple Full Turn, Shuffle Forward, Quarter Turn Cross

1&2	Rock Right forward; & Recover to Left; Make ½ turn right and step Right forward (12:00)
3&4	Make $\frac{1}{2}$ turn right and step Left back; & Make $\frac{1}{2}$ turn right and step Right forward; Step Left forward (12:00)
5&6	Step Right forward; & Step Left together; Step Right forward (12:00)
7&8	Step Left forward; & 1/4 pivot right; Step Left forward (slightly across right) (3:00)

Start again and enjoy!