

Serious (2008)

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Serious - Duffy : (CD: Rockferry)



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

The clock positions in parentheses indicate the direction you should be facing at the end of the movement.

(1-8) FORWARD, QUARTER, BEHIND & QUARTER, TURN, SWEEP, BEHIND SIDE CROSS

- 1,2 Step Right forward; Make $\frac{1}{4}$ turn right and step Left to left side (3:00)
3&4 Step ball of Right behind left; & Step Left in place; Make $\frac{1}{4}$ turn right and step Right forward (6:00)
5,6 As you turn (in place, on the spot) $\frac{1}{2}$ turn right, bring Left next to right (3rd position); Continue another $\frac{1}{4}$ 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; & $\frac{1}{2}$ pivot right; Step Left forward (12:00)

(17-24) HALF, QUARTER, CROSS BACK BACK, BACK TOGETHER QUARTER, WALK, WALK

- 1,2 Make $\frac{1}{2}$ turn left and step Right back; Make $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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; & $\frac{1}{4}$ pivot right; Step Left forward (slightly across right) (3:00)

Start again and enjoy!!