

Be Serious

拍數: 32 牆數: 4 級數: Improver
編舞者: Karl Cregeen (UK)
音樂: 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!
