

Be Serious!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Avril King (UK)
音樂: It's Not That Serious - Jennifer Lopez



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
