

Be Careful

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Count: 48

Wall: 3

Level: Intermediate

Choreographer: Stella Kim (Jan. 2016)

Music: Be Careful by Jason Derulo

Intro: 16 counts - Sequence: Intro-48-32-Tag-48-48-40-32-48

SECTION 1: SIDE ROCK, RECOVER, 1/4 TURN R WITH FORWARD, 1/2 PIVOT TURN R, 1/2 TURN R WITH BACK WITH SWEEP, BACK WITH SWEEP, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER

1-2RF side rock. LF recover

3-4&1/4 turn R with RF forward, LF forward, pivot 1/2 turn R

5-61/2 turn R with LF back with RF sweep form front to back, RF back with LF sweep form front to back

7&8&LF rock back, RF recover, LF rock forward, RF recover(3:00)

SECTION 2: 1/4 TURN L WITH SIDE, ROCK BACK, RECOVER, SIDE, SIDE TOUCH, 1/4 TURN L WITH IN PLACE, SIDE TOUCH, ROCK FORWARD, RECOVER, BACK, COASTER STEP

1-2&1/4 turn L with LF side, RF rock back, LF recover

3&4&RF side, LF side touch, 1/4 turn L with LF in place, RF side touch

5&6RF rock forward, LF recover, RF back

7&8LF back, RF beside LF, LF forward(9:00)

SECTION 3: PRESS, BACK, PRESS, ROCK BACK, RECOVER, FORWARD TOUCH, SIDE FLICK, FORWARD, ROCK FORWARD, RECOVER, 1/2 TURN R WITH FORWARD, FULL TURN R

1&2RF press forward, RF back, LF press forward

3&4&LF rock back, RF recover, LF forward touch, 1/4 turn R with LF side flick

5-6&LF forward, RF rock forward, LF recover,

7-8&1/2 turn R with RF forward, 1/2 turn R with LF back, 1/2 turn R with RF forward(6:00)

SECTION 4: (FORWARD, ROCK BACK, RECOVER) X2, ROCK FORWARD, RECOVER, BACK, BACK, HOOK, FORWARD, SIDE TOUCH

1-2&LF forward, RF rock back, LF recover

3-4&RF forward, LF rock back, RF recover

5&7LF rock forward, RF recover, LF back with RF drag,

7&8&RF back, LF hook, LF forward, RF side touch(6:00) * Restart here

SECTION 5: 1/4 TURN R WITH FORWARD, 1/2 TURN R, JAZZ BOX, CROSS, 1/4 TURN L WITH FORWARD, 1/2 TURN L, JAZZ BOX, CROSS

1-21/4 turn R with RF forward, 1/2 turn R with LF beside touch RF

3&4&LF cross over RF, RF diagonal back, LF side, RF cross over LF

5-61/4 turn L with LF forward, 1/2 turn L with RF beside touch LF

7&8&RF cross over LF, LF diagonal back, RF side, LF cross over RF(6:00) * Restart here

SECTION 6: (DIAGONAL ROCK BACK, RECOVER, FORWARD) X2, ROCK FORWARD, RECOVER WITH 1/4 TURN R WITH SWEEP, SAILOR-STEP, CROSS

1&2RF diagonal rock back, LF recover, RF forward

3&4LF diagonal rock back, RF recover, LF forward

5-6RF rock forward, LF recover with 1/4 turn R with RF sweep,

7&8&RF cross behind LF, LF side, RF side, LF cross over(9:00)

TAG(4 counts)

On the 2nd wall, you should dance until 32 counts and 4 counts of tag

1-2RF forward, hold

3-4LF forward, RF beside touch LF

RESTARTS:-

On the 5th wall, you should dance until 40 counts and start again

On the 6th wall, you should dance until 32 counts and start again

Contact ~ E-MAIL: sktelkmh@naver.com -

<http://www.youtube.com/user/thetrianglelinedance>

Last Update - 31st Jan. 2016