Only Believe In Me



拍数: 64 增数: 0 级数: Intermediate

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音乐: Believe In Me - Richard Marx



Intro: 16 counts, starts approx. 7 secs

Sec 1 Side rock, cross shuffle, side rock, behind side cross.

1-2 Rock R to R side, recover weight on L

3&4 Cross R over L, step L next to R, Cross R over L

5-6 Rock L to L side, recover weight on R

7&8 Cross L behind R, step R to R side, Cross L over R

Sec 2 Side behind, ¼ shuffle, step ½ pivot, full turn.

1-2 step R to R side, cross L behind R

3&4 step R to R side, step L next to right, ¼R steeping R foot forward

Restart on wall 3 & 7 count 3&4& step R to R side step L next to R step R to R side, step L next to R

5-6 step L foot forward, pivot ½ turn R

7-8 ½ turn R stepping back L, ½ R stepping forward R (walk forward L&R)

Sec 3 Rock recover & rock recover, back shuffle, 1/4 slide.

1-2 rock L forward, recover weight back on R

&3-4 step L next to R, rock R forward, recover weight on L

5&6 step R backward, step L next to R, step back R

7-8 ½ L stepping L to side, slide R next to L

Sec4 Sailor step, 1/2 sailor step, step 1/2 pivot, step 1/2 pivot.

1&2 Cross R behind L, step, step L to L side, step R to R side

3&4 Cross L behind R, step R to R side, 1/8 turn L stepping L forward

5-6 step R forward, Pivot ½ turn L 7-8 step R forward, pivot ½ turn L

Restart wall 4 counts 7-8 step R forward, pivot % turn L to 6 o'clock

Sec5 Step hold, ½ turn shuffle, ½ turn R, hold, ½ shuffle.

1-2 step R forward, hold

5-6 ½ turn R stepping R forward, hold

Sec6 1/2 jazz box cross, point 1/4 turn cross, point cross.

1-2 cross R over L, step back L

3-4 % R stepping R to side, cross L over R5-6 point R to R side, ¼ R crossing R over L

7-8 point L to L side, cross L over R

Sec7 Side behind & cross side behind & cross, side rock.

1-2 step R to R side, cross L behind R

83-4 step R to R side, Cross L over R, step R to R side586 cross L behind R, step R to R side, cross L over R

7-8 rock R to R side, recover weight on L

Sec8 Cross shuffle, ¼ back shuffle, back rock, full turn

1&2 cross R over L, step L next to R, cross R over L

3&4 step L to L side, step R next to L, ¼ R stepping back on L
5-6 Rock back on R, recover weight on L

7-8 $\frac{1}{2}$ L stepping back on R, $\frac{1}{2}$ L stepping forward L (walk forward R & L)

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