

# If You Believe

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 2      级数: Easy Intermediate  
编舞者: Gary O'Reilly (IRE) - April 2023  
音乐: If You Believe - Strive to Be & Patch Crowe : (iTunes, amazon, Spotify)



#20 count intro (dance starts on the lyric "defeated")

## Section 1: WALK R, WALK L, ROCKING CHAIR, STEP, TOUCH, BACK LOCK BACK

- 1 2      Walk forward R (1), walk forward L (2)
- 3&4&      Rock forward on R (3), recover on L (&), rock back on R (4), recover on L (&)
- 5 6      Step forward on R (5), touch L next to R (6)
- 7 & 8      Step back on L (7), cross R over L (&), step back on L (8)

## Section 2: SHUFFLE ½, STEP, PIVOT ½, STEP, R DOROTHY, L DOROTHY

- 1 & 2      ¼ R stepping R to R side (1), step L next to R (&), ¼ R stepping forward on R (2) (6:00)
- 3 & 4      Step forward on L (3), pivot ½ R (&), step forward on L (4) (12:00)
- 5 6 &      Step forward on R as you begin to drag L behind R (5), lock L behind R (6), step forward on R (&)
- 7 8 &      Step forward on L as you begin to drag R behind L (7), lock R behind L (8), step forward on L (&)

## Section 3: SIDE ROCK, & SIDE, TWIST, TWIST, BACK ROCK SIDE, L SAILOR ¼ HEEL

- 1 2      Rock R to R side (1), recover on L (2)
- & 3      Step R next to L (&), step L to L side turning L toe out to L in preparation for swivels (3)
- & 4      Swivel both heels L (&), swivel both toes L to face front (weight ends on L) (4)
- 5 & 6      Rock R behind L (5), recover on L (&), step R to R side (6)
- 7 & 8      Cross L behind R (7), ¼ L stepping R to R side (&), tap L heel to L diagonal (8) (9:00)

## Section 4: & CROSS, BACK SIDE CROSS, CHASSE SIDE ROCK, BEHIND ¼ TOUCH

- & 1      Step L in place (&), cross R over L (1)
- 2 & 3      Step back on L (2), step R to R side (&), cross L over R (3)
- 4 &      Step R to R side (4), step L next to R (&)
- 5 6      Rock R to R side (5), recover on L (6)
- 7 & 8      Cross R behind L (7), ¼ L stepping forward on L (&), touch R next to L (8)

**\*TAG: At the end of Wall 2 facing (12:00)**

## WALK R, WALK L, MAMBO FWD, WALK BACK, WALK BACK, COASTER STEP

- 1 2      Walk forward on R (1), walk forward on L (2)
- 3 & 4      Rock forward on R (3), recover on L (&), step back on R (4)
- 5 6      Walk back on L (5), walk back on R (6)
- 7 & 8      Step back on L (7), step R next to L (&), step forward on L (8)

**Then restart the dance from the beginning**

**\*\*TAG: At the end of Wall 5 facing (6:00)**

## OUT, OUT, BACK, L COASTER HEEL, HOLD, HOLD, &

- 1 2 3      Step forward and diagonally out R (1), step forward and diagonally out L (2), step back on R (3)
- 4 & 5      Step back on L (4), step R next to L (&), tap L heel forward (5)
- 6 7      HOLD (6), HOLD (7)
- &      Step L next to R (&)

**Dance restarts as the artist sings "BE(&)LIEVE(1)"**

**\*it takes a little bit of practice but you'll get it....**

**ENDING: Dance 16 counts of Wall 7, finish the dance facing (12:00) by stomping R to R side (12:00).**

**Contact:**

**Gary O'Reilly**

**oreillygaryone@gmail.com - 00353857819808**

**<https://www.facebook.com/gary.reilly.104>**

**[www.thelifeoreillydance.com](http://www.thelifeoreillydance.com)**

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