

She Believes (深信不疑) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Kate Sala (UK) - 2008年04月
音樂: She Believes in Me - Kenny Rogers : (Album: A Love Song Collection)



前奏: Start after a 16 count intro

- 第一段** Side Step R, Rock Back, Recover, Turn 1/4 R, Coaster Step, Step, Step 1/2 Pivot Step, Together.
右側踏, 後下沉, 回復, 右轉1/4, 海岸步, 踏, 踏轉1/2, 併
- 12& Long step R to R side. Cross rock back on L behind R. Recover on to R. 右足右一大步, 左足於右足後交叉下沉, 右足回復
- 3 Turn 1/4 R stepping back on L. 右轉90度左足後踏
- 4&5 Step back on R. Step L next to R. Step forward on R.
右足後踏, 左足併踏, 右足前踏
- 6 Step forward on L. 左足前踏
- 7&8& Step forward on R. Pivot 1/2 turn L. Step forward on R. Step L next to R. 右足前踏, 左轉180度, 右足前踏, 左足併踏
- 第二段** Rock Forward, Recover, Sailor Step 1/4 Turn R, Cross 1/2 Turn L, Cross Rock, Side Step, Cross Step.
前下沉, 回復, 右轉1/4水手步, 交叉左轉1/2, 交叉下沉, 側踏, 交叉踏
- 1-2 Rock forward on R. Recover back on to L.
右足前下沉, 左足後回復
- 3&4 Cross step R behind L. Turn 1/4 R with small step L. Step R to R side.
右足於左足後交叉踏, 右轉90度左足左小踏, 右足右踏
- 5&6 Cross step L over R. Turn 1/4 L Stepping back on R. Turn 1/4 L stepping L out to L side.
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏
- 7& Cross rock on R over L. Recover back on to L.
右足於左足前交叉下沉, 左足後回復
- 8& Step R to R side. Cross step L over R.
右足右踏, 左足於右足前交叉踏
- 第三段** Side Step R, Rock Back, Recover, Side Step L, Rock Back, Recover, Turn 1/2 L Stepping Back, Rock Back, Recover, Step, Run x 3.
右側踏, 後下沉, 回復, 左側踏, 後下沉, 回復, 左轉1/2後踏, 後下沉, 回復, 踏, 跑三拍
- 1-2& Long step R to R side. Cross rock back on L behind R. Recover on to R. 右足右一大步, 左足於右足後交叉下沉, 右足回復
- 3-4& Long step L to L side. Cross rock back on R behind L. Recover on to L. 左足左一大步, 右足於左足後交叉下沉, 左足回復
- 5-6& Turn 1/2 L stepping back on R. Rock back on L. Recover on to R.
左轉180度右足後踏, 左足後下沉, 右足回復
- 7 Step forward on L. 左足前踏
- 8&1 Tiny run forward on R, L, R. 向前小跑步(右, 左, 右)
- 第四段** Pivot 1/2 Turn L, Cross Step, Diagonal Step x 2. Cross Step, Turn 1/4 L Stepping Back, Side Step L, Sway x 2
左轉1/2, 交叉踏, 斜角線踏二次, 交叉踏, 左轉1/4後踏, 左側踏, 擺臀二次
- 2 Pivot 1/2 turn L. 左轉180度
- 3&4 Cross step R over L. Step L forward to L diagonal. Step R forward to R diagonal. 右足於左足前交叉踏, 左足左斜角線前踏, 右足右斜角線前踏
- 5&6 Cross step L over R. Turn 1/4 L stepping back on R. Step L out to L side. 左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏

7-8 Sway R. Sway L. 右擺臀, 左擺臀

TAG 加拍

Dance the tag at the END of wall 2 and the END of wall 6 – Facing the back wall both times. 第二面牆及第六面牆
結束面向後面牆時

1 2 & Long step R to R side. Turn 1/4 L rocking back on to L. Recover on to R. 右足右一大步, 左轉90度左足
下沉, 右足回復

3 4 & Turn 1/4 R facing 6 o'clock taking long step L. Turn 1/4 R rocking back on R. Recover on to L. Then
turn 1/4 L to face the 6 o'clock wall to start the dance again.
右轉90度面向6點鐘左足左一大步, 右轉90度右足後下沉
左足回復左轉90度面向6點鐘從頭起跳
