

If You Believe

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Gary O'Reilly (IRE) - April 2023
音樂: 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:

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