

I Believe

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Believe - Cher



BEHIND SIDE FRONT CROSSING TRIPLE, STOMP, HOLD CLAP

- 1 Step left foot behind right
- & Step ball of right to right side
- 2 Cross left across and in front of right
- 3 Stomp right foot next to left
- 4 Hold and clap (weight on right leg)

LOCK, HOLD CLAP, BEHIND SIDE FORWARD TRIPLE

- 5 Lock left leg behind right, popping right knee
- 6 Hold and clap
- 7 Step right leg behind left
- & Step ball of left to left side
- 8 Step forward on right

ROCK STEP, SYNCOPATED 1½ TURN TRAVELING BACK

- 1 Rock forward on left
- 2 Recover onto right
- 3&4 Turn over left shoulder 1 ½ turns stepping left, right, left to face back wall

To assist turn, toe out on forward rock and create upper body torque

Easy option: ½ turning shuffle to left

ROCK STEP COASTER STEP

- 5 Rock forward on right
- 6 Recover onto left
- 7&8 Right coaster step, stepping back, together, forward

¼ TURN, CROSS SHUFFLE, SIDE ROCK, CROSS AND HEEL

- 1 Step forward on left
- 2 ¼ turn to right
- 3&4 Cross shuffle left across right for left, right, left
- 5 Rock right to right side
- 6 Recover onto left
- 7 Cross right over left
- & Step ball of left to left side
- 8 Present right heel forward at 45 degrees angle to right heel jack

CROSS, ¼ TURN, HEEL SWITCHES, PIVOT TURN, ¾ TURN

- &1 Step right next to left, cross left across and in front of right
- &2 Step right next to left as you ¼ turn to left presenting left heel forward
- &3 Step left next to right, right heel forward
- &4 Step right next to left, left heel forward
- &5 Step left next to right, step forward with right
- 6 Pivot ½ to left
- 7&8 Turn ¾ to left (same direction as pivot turn) stepping right, left, right

Option: a ¾ spin making the ½ pivot and ¾ turn look like a 1 ¼ turn. This, if done as a spin, can have an additional full turn added. Try it !!

REPEAT
