

Believe In Visions

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Roland (Gutz) Gutzwiller (CH)
音樂: I Believe - DJ Bobo



CLAP, RIGHT KICK, RIGHT BACK, POINT LEFT BACK AND SHOULDER MOVEMENT ("SHM"), SHM AGAIN, CROSS LEFT OVER RIGHT AND SHM, SHM AGAIN, ROCK RIGHT RIGHT, RECOVER, RIGHT TOUCH

- 1-2& Clap, kick right forward diagonally right, step right behind left
3-4 Point left backwards diagonally left with shoulders moving down, move shoulders down again
Styling for the "shoulders down movement" throughout the dance: shoulders are up at the begin i.e. You bring them up just before the count and on the count you move them down. Arms are along your body with hands pointing right and left at an angle of ¼ turn, palms towards the floor
5-6 Cross left over right with shoulders moving down, move shoulders down again
7&8 Rock right to right, recover weight on left, touch right to right next to left

RIGHT RIGHT, LEFT BEHIND RIGHT, RIGHT RIGHT, POINT LEFT ACROSS RIGHT, HOLD TURN ½ RIGHT AND STEP ON LEFT, HOLD, STEP ON RIGHT, POINT LEFT WITH SHM, HOLD WITH SHM

- 1-2& Right to right, left behind right, right to right
3-4 Point left across right, hold
5-6 Turn ½ right and step down on left, hold
&7-8 Right next to left, point left to left and move shoulders down, hold and move shoulders down

LEFT OVER RIGHT, POINT RIGHT, RIGHT BEHIND, POINT LEFT BEHIND, STOMP LEFT, STOMP RIGHT, LIFT HEELS, HEELS DOWN WITH SHM, HEELS UP AND DOWN WITH SHM

- 1-2 Cross left over right, point right forward diagonally right
3-4 Right behind left, point left backwards diagonally left
5-6 Stomp left forward, stomp right next to left
&7 Lift heels, drop heels and move shoulders down,
8 Lift and drop heels again with shoulders moving down when dropping heels

POINT RIGHT, HOLD, RIGHT NEXT TO LEFT, POINT LEFT, HOLD, ½ TURN LEFT, ½ TURN LEFT, RIGHT NEXT TO LEFT, LEFT OVER RIGHT, POINT RIGHT

- 12& Point right to right, hold, right next to left
3-4 Point left to left, hold
5 On ball of right turn ½ left and step down on ball of left
6 On ball of left turn ½ left and point right to right
Option 5-6: full turn over 2 counts on ball of left
&7-8 Right next to left, cross left over right, point right to right

REPEAT