West Coast Smooth



Count: 48 Wand: 2 Ebene: Intermediate

Choreograf/in: Glynn Rodgers (UK) - October 2019

Musik: I Believe - Jonas Brothers



Intro: 16 Counts

[1-8]	I WALK FORWARD.	. MAMBO S	STEP & I	POINT & F	S TRIOS	CROSS.	UNWIND ½ TURN.
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1-2 Walk Forward Right-Left.

3&4 Rock Forward Right, Recover Weight On To Left, Step Right Slightly Back.

&5 Close Left To Right, Point Right To Right Side.&6 Close Right To Left, Point Left To Left Side.

&7-8 Close Left To Right, Cross Right Over Left, Unwind ½ Turn Left (Weight Remains On Left).

[9-16 &] CROSS, ROCK & CROSS, SIDE JAZZ JUMP, HIP BUMPS, STEP SIDE.

&1 Step Right To Place, Cross Left Over Right.

2&3 Rock Right To Right Side, Recover Weight On To Left, Cross Right Over Left.

Left Side On To Left Foot, Close Right Beside Left Keeping Weight On Left Leg.

&5 Bump Right Hip Right/Upwards, Bring Hip Back To Place.&6 Bump Right Hip Right/Upwards, Bring Hip Back To Place.

&7-8 Bump Right Hip Right/Upwards, Bring Hip Back To Place, Step Right To Right Side.

[17-24] BEHIND & CROSS, ROCK 1/4 TURN, STEP, FULL TURN, ROCK STEP.

1&2 Cross Left Behind Right, Step Right To Right Side, Cross Left Over Right.

&3-4 Rock Right To Right Side, Recover Weight On To Left Turning ¼ Left, Step Forward Right.

5-6 Turn ½ Right Stepping Back Left, Turn ½ Right Stepping Forward Right.

7-8 Rock Forward Left, Recover Weight On To Right.

[25-32] SHUFFLE ½ TURN, PIVOT ½ TURN, PADDLE ¾ TURN, CROSS SHUFFLE.

1&2 Shuffle ½ Turn Left Stepping Left-Right-Left.3-4 Step Forward Right, Pivot ½ Turn Left.

Make ¼ Turn Left On Ball Of Left Foot Pointing Right To Right Side.
Make ½ Turn Left On Ball Of Left Foot Pointing Right To Right Side.

7&8 Cross Right Over Left, Step Left Behind Right Heel, Cross Right Over Left.

[33-40] SIDE, BEHIND & CROSS ROCK, ROLLING VINE INTO CHASSE RIGHT.

1-2& Step Left Slightly To Left Side, Cross Right Behind Left, Step Left Beside Right.

3-4 Cross Rock Right Over Left, Recover Weight On To Left Foot.

5-6 Make ¼ Turn Right Stepping Forward Right, Make ½ Turn Right Stepping Back Left.

7&8 Turn ¼ Right Stepping Right To Right Side, Close Left To Right, Step Right To Right Side.

[41-48] SYNCOPATED JAZZ BOX, MODIFIED SAILOR STEPS.

1-2 Cross Left Over Right, Step Back Right.

&3-4 Step Left To Place, Cross Right Over Left, Step Left To Left Side.

Cross Right Behind Left, Step Left Slightly To Left Side, Step Right To Place.
Cross Left Behind Right, Step Right Slightly To Right Side, Step Left Forward.

START AGAIN - NO TAGS OR RESTARTS