

Baby Believe (請相信我) (zh)

COPPER KNOB
STEPSHETS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Kate Sala (UK) - 2008年10月

Music: Baby Believe - Kristy Lee Cook : (CD: Why Wait)



前奏 : 36 Count intro

第一段 Cross Twinkle, Cross, Side Touch R, Touch In 交叉華士步, 交叉, 右側點, 併點

1 – 3 Cross step R over L. Step L to L side, Step R down in place.
右足於左足前交叉踏, 左足左踏, 右足踏

4 – 6 Cross step L over R, Touch R toe out to R side, Touch R toe next to L instep. 左足於右足前交叉踏, 右足趾右點, 右足趾併點

第二段 Step Diagonal Forward R, Kick, Triple Full Turn L. 右斜角線前踏, 踢, 小三步左轉圈

1 – 3 Step R forward to R diagonal. Kick L forward over 2 counts. (Facing 1:30) 右足右斜角線前踏, 左足前踢二次(面向1:30)

4 – 6 Stay facing R diagonal and triple full turn L on the spot with L, R, L. 面向右斜角線小三步左轉圈-左, 右, 左
(Optional: L coaster step for the above counts 4 – 6)
簡易版 : 左海岸步

第三段 Step Forward, Kick, Back Lock Step. 前踏, 踢, 後鎖踏

1 – 3 Step forward on R. Kick L forward over 2 counts.
右足前踏, 左足前踢二次

4 – 6 Step L back. Lock step R over L. Step back on L
左足後踏, 右足於左足前鎖步, 左足後踏

(The above 6 counts is all danced still facing the R diagonal). 仍面向右斜角線

第四段 Side Step R, Drag In L, Cross Rock, Recover, Side Step L. 右側踏, 左拖併, 交叉下沉, 回復, 左側踏

1 – 3 Facing 12 o'clock make a long Step slightly back to R diagonal. Drag L in towards R over 2 counts.
面向12點鐘右足右一大步, 左足以2拍拖併

4 – 6 Cross rock on L over R. Recover on to R. Step L to L side.
左足於右足前交叉下沉, 右足回復, 左足左踏

第五段 Cross Step R Behind, Unwind 1/2 Turn R, R Coaster Cross. 右後交叉踏, 右繞轉1/2, 右海岸交叉

1 – 3 Cross step R behind L. Unwind 1/2 turn R over 2 counts. (Weight on L). 右足於左足後交叉踏, 以2拍右轉180度(重心在左足)

4 – 6 Step back on R. step L next to R. Cross step R over L. (6 o'clock)
右足後踏, 左足併踏, 右足於左足前交叉踏(面向6點鐘)

第六段 Basic Twinkle Forward, Basic Twinkle Back Facing Back Diagonal. 基本前華士步, 基本後華士步(面向後斜角線)

1 – 3 Facing Back L diagonal. Step forward on L. Step R next to L. Step L down in place. (面向左後斜角線), 左足前踏, 右足併踏, 左足踏

4 – 6 Still on the L diagonal. Step back on R. Step L next to R. Step R down in place. (Facing 4:30)
(面向左斜角線)右足後踏, 左足併踏, 右足踏(面向4:30)

第七段 Walk Forward L, R, Sweep 1/4 Turn R, Cross Step, Long Step R, Drag In L.前走-左, 右, 右繞轉1/4, 交叉踏, 右一大步, 左拖併

1 - 3 Walk forward facing 6 o'clock on L, R. Sweep L round to L side making 1/4 pivot R on R.
左足前走(面向6點鐘), 右足前走, 左足右繞轉90度

4 - 6 Cross step L over R. Take a long step R. Drag in L next to R. (9 o'clock).
左足於右足前交叉踏, 右足右一大步, 左足拖併(面向9點鐘)

第八段 Full Turn L With Sweep, Sailor Step. 轉圍繞, 水手步

1 - 3 Turn 1/4 L stepping forward on L. Turn 1/2 L stepping back on R. Pivot 1/4 turn L on R sweeping L foot out and round to L side.
左轉90度左足前踏, 左轉180度右足後踏, 左轉90度左足向左後繞

4 - 6 Cross step L behind R. Step R out to R side. Step L down in place .
左足於右足後交叉踏, 右足右踏, 左足踏
