

Able to Believe

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Sherry Kemp (USA) - September 2021
音乐: Believe - LÒNIS & Jeffrey East



Start on beat 17. - No restart or tag

(1-8) Cross points x2, R rock back, step, lock step, step

1-4 R cross L, L point left, L cross behind R, R point right

5-6 R step back, L step in place,

7 & 8 R step forward, L step behind R, R step forward

(9-16) Cross points x2, L rock back, step, lock step, step

1-4 L cross R, R point right, R cross behind L, L point left

5-6 L step back, R step in place, L step forward

7 & 8 R step behind L, L step forward

(17-24) Monterey right 1/2 (modified), R touch (dip option), step, heel, step, cross

(Option: hands cross down at diagonal touch and pull up and apart their respective direction on counts #21, &, 22, and 25, &, 26.)

1-4 R point right, pull R to L turning right 1/2, L point left, L pull to R to 1/8 diagonal left

5 & 6 R touch alongside L with knee bent, R step back, L heel extend

7-8 L step squaring forward, R cross L

(25-32) L touch (dip option), step, heel, touch, 1/4 pivot left, cross, 1/2 pivot, kick ball change

1 & 2 Turning 1/8 right L touch alongside R with bent knee, L step back, R heel extend

3-4 R touch forward (bending knees option), pivot turn 1/4 left dropping heels

5-6 L cross R touch, (bending knees option) pivot 1/2 right dropping heels

7 & 8 R kick forward, R ball touch, L step in place.

To finish the dance: After the last kick ball change at 3:00 and on the 3rd yeah, turn 1/4 right crossing R over L to 12:00.