

And I Believe

拍数: 32 墙数: 4 级数: Intermediate
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音乐: I Believe - KAMRAD



Intro : 32 counts

(I) Side, Close, Cross, Lock Steps, Step Turn(3/8) left, Tripple 1/2 Turn left

1-2-3 Step RF right(1), Close LF next to RF(2), Cross RF in front of LF(3)
4&5 Step LF diagonally forward(4)(10:30), Lock RF behind LF(&), Step LF forward(5)
6-7 Step RF forward(6), Turn 3/8 left(weight on LF now)(7)(6:00)
8&1 Turn 1/4 left stepping RF right(8)(3:00), Close LF next to RF(&), Turn 1/4 left stepping RF back(1)(12:00)

(II) Side Rock, Cross Rock, Side, Back Rock, Chasse 1/4 right

2-3 Turn 1/4 left rocking LF left(2)(9:00), Recover on RF(3)
4&5 Cross Rock LF in front of RF(4), Recover on RF(&), Step LF left(5)
6-7 Rock RF back(6), Recover on LF(7)
8&1 Step RF right(8), Close LF next to RF(&), Turn 1/4 right stepping RF forward(1)(12:00)

(III) Turn 1/4, 1/2, 1/4 right, Back Rock, Recover, Turn 1/4 left, Back Sweep, Back Sweep

2-3 Turn 1/4 right stepping LF back(2)(3:00), Turn 1/2 right stepping RF forward(3)(9:00)
4-5 Turn 1/4 right stepping LF left(4)(12:00), Rock RF back(5)
6-7 Recover on LF(6), Turn 1/4 left stepping RF back while sweeping LF from front to back(7)(9:00)
8 Step LF back while sweeping RF from front to back(8)

(IV) Back Sweep, Coaster Step, Hold, &Step, Step Turn, Touch

1 Step RF back while sweeping LF from front to back(1)
2&3 Step LF back(2), Close RF next to LF(&), Step LF forward(3)
4&5 Hold(4), Step RF next to LF(&), Step LF forward(5)
6-7 Step RF forward(6), Turn 1/2 left(7)(3:00)
8 Touch RF next to LF(8)

Start again

Have Fun

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