

Believe

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Bertha Arseneau (CAN) - February 1995
音乐: Believe - Cher
 或: Believe - Remix by Niteblue - Cher
 或: Give It To Me - Madonna
 或: Disturbia - Rihanna



[S.1] Rock, Recover, Shuffle step, Rock, Recover, Shuffle step (1-8)

1-2 Rock R.F. over L.F. (1), Recover on L.F. (2)
3&4 Shuffles steps right diagonally back (R.L.R.) (3&4)
5-6 Rock L.F. over R.F. (5), recover on R.F. (6)
7&8 Shuffle steps left diagonally back (L.R.L.), (7&8)

[S.2] Sway Sway, Shuffle steps in place R & L (9-16)

1-2 Step R.F. slightly diagonally forward & sway right (1), sway left (2)
3&4 Shuffle step in place (R.L.R.) (3&4)
5-6 Step L.F. slightly diagonally forward, sway left (5), sway right (6),
7&8 Shuffle step in place (L.R.L.) (7&8).

[S.3] Forward Turning Vine (Option: Walk Forward), Vine L. with ½ Turn Left (17-24)

1-4 Step fwd with R.F. (1), step back on L.F. to ½ turn R (2), step forward on R.F. to ½ turn right (3), hitch left knee up or touch L. toe next to R.F. (4),

(Option : Walk forward RL R hitch L knee or touch L. toe next to R.F)

5-7 Step L.F to L. (5), step R.F behind LF (6), with ½ turn left step L.F. in place (7), (6:00)
8 Step R.F. next to L.F. (8).

[S.4] Step, Clap, & (2x), & Shuffle Step with 1/4 turn L., Step Pivot 1/2 Turn Left (25-32)

1-2& Step L.F. left (1), hold & clap (2), step R.F. next to L.F. (&),
3-4& Step L.F. left (3), hold & clap (4), step R.F. next to L.F. (&),
5&6 Step L.F. to left (5), step R.F. next to L.F. (&), step L.F. left 1/4 turn left. (6), (3:00)
7-8 Step forward on R.F. (7), pivot 1/2 turn left, step L.F.in place (8) (9:00)

Start Over...

(Revised July 2023)

Last Update - 19 Oct. 2023 - R1
