

I'm A Believer

拍数: 120 墙数: 0 级数:
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音乐: I'm a Believer - Smash Mouth



1&2-3-4&5-6-7&8 Right heel ball change, step right forward, left heel ball change, step left forward, right heel ball change

1-4 Step right to right side, pushing hip to right, step left to left side, pushing hip left

5-8 Turn $\frac{1}{4}$ turn right to step right to right side, pushing hip right, step left to left side, pushing hip left

First two side steps are slightly forward, second two slightly back

1&2-3-4&5-6-7&8 Right heel ball change, step right forward, left heel ball change, step left forward, right heel ball change

1-4 Step right to right side, pushing hip to right, step left to left side, pushing hip left

5-8 Turn $\frac{1}{4}$ turn right to step right to right side, pushing hip right, step left to left side, pushing hip left

First two side steps are slightly forward, second two slightly back

1-6 Right lock step forward, scuff left beside right, step left forward, scuff right beside left

7-8&1-2 Step/rock right to right side, rock weight onto left, step right beside left, step/rock left to left side, rock weight onto right

3-6 Step/rock left back, rock weight forward onto right, step left forward, turn $\frac{1}{2}$ turn on left foot and hook right across left ankle

7-8&1-2 Step/rock right to right side, rock weight onto left, step right beside left, step/rock left to left side, rock weight onto right

3-6 Step/rock left back, rock weight forward onto right, step left forward, turn $\frac{1}{2}$ turn on left foot and hook right across left ankle

7-8 Step right to right side, tap left to left side

1-8 Bump hips left-right-left-right-left, hold 3 counts

PONY TRACKS!

1&2-3&4 Step right forward, step ball of left beside right, step right in place, step left forward, step ball of right beside left, step left in place

5-6-7-8 Jump both feet apart (or step right to right side), slap hands on thighs, clap, click both hands

1&2-3&4 Step right back, step ball of left beside right, step right in place, step left back, step ball of right beside left, step left in place

5-6-7-8 Jump both feet apart (or step right to right side), roll hips in a circle to the right (finishing weight on left)

1&2-3&4 Step right forward, step ball of left beside right, step right in place, step left forward, step ball of right beside left, step left in place

5-6-7-8 Jump both feet apart (or step right to right side), slap hands on thighs, clap, click both hands

1&2-3&4 Step right back, step ball of left beside right, step right in place, step left back, step ball of right beside left, step left in place

5-6-7-8 Jump both feet apart (or step right to right side), roll hips in a circle to the right (finishing weight on left)

1-2-3-4 Skate right forward to right diagonal, skate left forward to left diagonal
5-6-7-8 Step right forward, hold, turn $\frac{1}{4}$ turn left, moving weight to left

1-8 Sailor step right-left-right, hold, sailor step left-right-left hold
1-8 Box step - step right across in front of left (1, 2), step left back (3, 4), turn $\frac{1}{4}$ turn to step right to right side (5, 6), step left forward (7, 8)

REPEAT

TAG

End of third wall box step twice but don't turn the second one
