

I'm A Believer

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Ian Eccleston (UK)
音乐: I'm a Believer - The Monkees



Sequence: AB, AB, AB, B

PART A

STEP, SLIDE, STEP, SCUFF, TWICE

1-2 Step diagonally forward right on right, slide left next to right
3-4 Step diagonally forward right on right, scuff left forward
5-6 Step diagonally forward left on left, slide right next to left
7-8 Step diagonally forward left on left, scuff right forward

STEP, HOLD, PIVOT ½ TURN LEFT, HOLD, SLOW COASTER STEP, HOLD

1-4 Step forward on right, hold, pivot ½ turn left, hold
5-8 Step back on left, step right together, step forward on left, hold

STEP, SLIDE, STEP, SCUFF, TWICE

1-2 Step diagonally forward right on right, slide left next to right
3-4 Step diagonally forward right on right, scuff left forward
5-6 Step diagonally forward left on left, slide right next to left
7-8 Step diagonally forward left on left, scuff right forward

STEP, HOLD, PIVOT ½ TURN LEFT, HOLD, SLOW COASTER STEP, HOLD

1-4 Step forward on right, hold, pivot ½ turn left, hold
5-8 Step back on left, step right together, step forward on left, hold

SIDE, BEHIND, SIDE, HOLD, SIDE, BEHIND, ¼ TURN LEFT, HOLD

1-4 Step right to right side, step left behind right, step right to right side, hold
5-8 Step left to left side, step right behind left, ¼ turn left on left foot, hold

EXTENDED GRAPEVINE RIGHT, ROCK RIGHT, RECOVER LEFT

1-4 Step right to right side, step left behind right, step right to right side, cross left over right
5-8 Step right to right side, step left behind right, rock right to right side, recover onto left

½ MONTEREY TURN, JAZZ BOX ¼ TURN RIGHT

1-2 Touch right toe to right side, step right together while turning ½ turn right on left
3-4 Touch left toe to left side, step left next to right
5-8 Cross right over left, step back on left, ¼ turn right on right, step left next to right

ROCK FORWARD, KNEE ROLL, RECOVER, ¼ TURN RIGHT, STEP, ½ TURN PIVOT RIGHT, ¼ TURN RIGHT, HOLD

1 Rock diagonally forward right on right foot (bringing left knee forward to right knee)
2-3-4 Roll left knee out, recover weight back onto left, step right ¼ turn right
5-8 Step forward left, ½ turn pivot right, turn ¼ right stepping left to left side, hold

PART B

RIGHT ROCK, BACK ROCK, STEP, ¼ TURN LEFT, CROSS, CLAP

1-4 Rock right to right side, recover onto left, rock back on right, recover onto left
5-8 Step forward on right, ¼ turn pivot left, cross right over left, clap

LEFT ROCK, BACK ROCK, STEP, ¼ TURN RIGHT, CROSS, CLAP

1-4 Rock left to left side, recover onto right, rock back on left, recover onto right
5-8 Step forward on left, ¼ turn pivot right, cross left over right, clap

HIP BUMPS X 4, BACK ROCK, STEP, HOLD

1-4 Step right to right side bumping hips right, left, right, left
5-8 Rock back on right behind left, recover onto left, step right to right side, hold

HIP BUMPS X 4, BACK ROCK, STEP, HOLD

1-4 Bump hips left, right, left, right
5-8 Rock back on left behind right, recover onto right, step left to left side, hold

STEP HEEL BOUNCE ½ TURN LEFT, BACK ROCK

1 Step forward on right bouncing heels
2-6 Bounce heels 5 times to complete ½ turn left (weight on right foot)
7-8 Rock back on left, recover onto right

STEP, HOLD, ½ TURN LEFT, HOLD, SLOW COASTER STEP, HOLD

1-4 Step forward on left, hold, ½ turn left stepping back onto right, hold
5-8 Step back on left, step right next to left, step forward on left, hold

STEP, HOLD, ½ TURN PIVOT LEFT, HOLD, SLOW COASTER STEP, HOLD

1-4 Step forward on right, hold ½ turn pivot left (weight on right), hold
5-8 Step back on left, step right next to left, step forward on left, hold
