

Better Believe It (Here We Go)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数:
编舞者: Barry Spank
音乐: Let's Dance - Five



LEAN OUT, HOLD, DRAG IN ; LEFT SHUFFLE FORWARD ; POINT RIGHT, ¼ TURN

- 1-2 Touch left foot out left side, weight on left toes, hold
- 3-4 Drag left to touch beside right
- 5&6 Left shuffle forward
- 7-8 Point right foot out to right side, turn ¼ right keeping weight back on left with right foot pointed

BODY DIP (DOWN, UP) ; RIGHT SHUFFLE FORWARD ; ROCK STEPS

- 1-2 Drop down, bending knees, straighten up, weight still on left
- 3&4 Right shuffle forward
- 5-6 Rock forward on left, recover onto right
- 7-8 Rock back on left, recover onto right

STEP, PIVOT ½ TURN ; LEFT SHUFFLE FORWARD

- 1-2 Step forward on left, pivot ½ turn to right
- 3&4 Left shuffle forward

Arms go here

- 5 Touch right hand to left shoulder
- 6 Touch left hand to right shoulder (arms are crossed)
- 7 Drop right arm straight down to right side
- 8 Drop left arm straight down to left side

ROCK FORWARD, RECOVER ; TRIPLE ½ TURN ; JAZZ BOX WITH CROSS-STEP

- 1-2 Rock forward on right, recover onto left
- 3&4 Shuffle ½ turn over right shoulder right-left-right
- 5-8 Cross left over right, step back on right
- 7-8 Step to left on left, cross-step right over left

REPEAT

FINISH

You will dance 11 complete repetitions. On the last (12th) repetition, you will get as far as count 16 (the rock steps). Once you've just done those, instead of doing the "step, ½ turn", just stomp your left foot forward (arms out for effect) & hold that pose.

ARMS

I have listed the most basic set of arms. There are many more cool variations, such as:

- 1 Touch right hand to left shoulder & touch left hand to right shoulder (arms are crossed)
- 2 Drop arms straight down, right hand touching right leg & left hand touching left leg
- 3 Touch right hand to left shoulder & touch left hand to right shoulder (arms are crossed)
- 4 Uncross arms, touching right hand to right shoulder & left hand to left shoulder

- 1 Touch right hand to left shoulder
- 2 Touch left hand to left shoulder (arms are crossed)
- 3 Drop arms down & slap buttocks with each hand
- 4 Touch right hand to left shoulder & touch left hand to right shoulder (arms are crossed)

- 1 Punch right arm straight forward

- 2 Punch left arm straight forward
 - 3 Keep arms extended out & crossing them at face-height making an x-shape
 - 4 Uncross arms, touching right hand to right shoulder & left hand to left shoulder
- Or create your own set!**
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