

Believe

拍数: 56 墙数: 2 级数: Intermediate
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音乐: Believe - Cher



LEFT SHUFFLE, RIGHT SHUFFLE, SHIMMIES

1&2 Step forward left, close right beside left, step forward left
3&4 Step forward right, close left beside right, step forward right
5-6 Shimmy right shoulder forward, twice
7-8 Shimmy right shoulder back, twice

RIGHT SHUFFLE BACK, LEFT SHUFFLE BACK, SHIMMY

9&10 Step back right, close left beside right, step back right
11&12 Step back left, close right beside left, step back left
13-14 Step back right, shimmy right shoulder back twice
15-16 Shimmy right shoulder forward twice

STEPPING RIGHT, SCISSOR STEP, UNWIND

17-18 Step right to right side, step left behind right
&19-20 Step left over right, and point right
21-22 Cross right over left, unwind half turn left
23-24 Cross left over right, unwind half turn right

STEPPING LEFT, SCISSOR STEP, UNWIND

25-32 Repeat 17-24, going to the left (you will be facing home wall)

HEEL BOUNCES, PAN HORIZON-RIGHT, REPEAT LEFT

33-36 Right toe forward, bounce right heel three times, with right arm at shoulder height, panning horizon quarter turn right 12:00 to 3:00, with head following direction of hand
37-40 Repeat 33-36 going to the left

2 X REEL SCISSORS (VAUDEVILLE HOPS) JUMP, CROSS, UNWIND

&41 Step back on ball of left, step right foot across left
&42 Step left to left side, touch right heel diagonally forward to right
&43 Step back on ball of right, step left foot across right
&44 Step right to right side, touch left heel diagonally forward to left
45 Jump both feet together
46 Jump both feet apart
47 Jump cross right over left
48 Unwind half turn left

HEEL BOUNCES, PAN HORIZON - RIGHT, REPEAT LEFT

49-52 Right toe forward, bounce right heel three times with right arm at shoulder height, panning horizon quarter turn right 12:00 to 3:00 with head following direction of hand
53-56 Repeat 49-52 going to the left

REPEAT