

Believe

拍数: 64 墙数: 4 级数: Advanced
编舞者: Kelly Hinds (AUS)
音乐: Believe - Cher



HEEL JACK RIGHT & CROSS, HEEL JACK LEFT & CROSS TWICE

- &1&2 Heel jack back 45 degrees right on right, place left heel forward 45 degrees left, jump forward onto left, step right across left
- &3&4 Heel jack back 45 degrees left on left, place right heel forward 45 degrees right, jump forward onto right, step left across right
- &5&6 Heel jack back 45 degrees right on right, place left heel forward 45 degrees left, jump forward onto left, step right across left
- &7&8 Heel jack back 45 degrees left on left, place right heel forward 45 degrees right, jump forward onto right, touch left next to right

HEEL JACK BACK LEFT-RIGHT-LEFT-RIGHT, BUMP LEFT, BUMP RIGHT

- 9-10 Moving backwards jump back onto left placing right heel forward, jump back on right placing left heel forward
- 11-12 Repeat last 2 counts
- 13-16 Move weight forward onto left bump hips twice left, move weight back onto right bump hips twice right

SWING HIPS LEFT-RIGHT-LEFT-RIGHT, CHANEY, ROCK

- 17-20 Swing hips forward onto left, back onto right, forward onto left, back onto right
- 21&22 Shuffle left across right moving forward 45 degrees right
- 23-24 Rock to right on right, replace weight onto left

CHANEY, ROCK, CHANEY, STOMP, CLAP

- 25&26 Shuffle right across left moving 45 degrees left
- 27-28 Rock to left on left, replace weight onto right
- 29&30 Shuffle left across right moving forward 45 degrees right
- 31-32 Stomp right apart, clap

EXTENDED HEEL SPLITS IN OUT IN, SHOULDER PUSH

- 33-36 Toes together, heels together, heels apart, toes apart
- 37-40 Toes together, heels together, hands forward in step position as right shoulder is pushed forward twice

EXTENDED HEEL SPLITS OUT IN OUT, SHOULDER PUSH

- 41-44 Heels out, toes out, toes in, heels in
- 45-48 Heels out, toes out, hands in stop position push right shoulder forward twice

BUMP, BUMP, STOMP, SPIN, STOMP, BUMP, BUMP

- 49-52 Bump hips right, bump hips left brushing right foot up behind left knee, stomp right forward, hold
- 53-56 Spin full turn left on ball of left foot using right to push off, stomp right to right, bump hips to right twice

SAILOR, TURN-POINT, STEP-POINT, CROSS, UNWIND

- 57&58 Step left behind right, step right to right, step left to center (reverse this position in the next 2 beats)
- &59-60 Jump ½ turn right replacing the left foot position with the right, touch the left toe to the side, hold

&61-62 Step left to center, touch right to side, hold
63-64 Step right across left, unwind $\frac{3}{4}$ left

REPEAT

Optional steps for counts 33-48

APPLEJACKS

33&34& "Applejacks" left, center, right, center
35&36& Repeat 33&34&
36&38& Repeat 33&34&
39-40 Two shoulder pushes
41-48 Repeat those last 8 counts
