

Believe

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jo Everhart (USA)
音乐: Believe - Cher



2 RIGHT KICK-BALL-CHANGES

1&2- 3&4 Kick right foot forward, step home on ball of right foot, step left foot home. Kick right foot forward, step home on ball of right foot, step left foot home.

SYNCOATED STEPS OUT-OUT, IN-IN, OUT-OUT, IN-IN.

&5&6&7&8 Step on ball of right foot out to right, step on ball of left foot out to left, step on ball of right foot home, step on ball of left foot home.

STEP FORWARD, TOUCH, STEP FORWARD, TOUCH

9-12 Take a large step forward with right foot, touch left toe next to right foot, take a large step forward with left foot, touch right toe next to left foot.

2 SCOOTs BACKWARD, COASTER STEP WITH ¼ TURN RIGHT

&13&14-15&16 Scoot back on left foot as you hitch right knee, step back on right foot, scoot back on right foot as you hitch left knee, step back on left foot, step back on right foot, step left foot next to right foot, turn ¼ wall to your right as you step forward on right foot.

SACHET FORWARD, ROCK BACK, ROCK FORWARD

17&18-19-20 Turning body at a diagonal to right step left foot forward, step right foot next to left foot, step left foot forward, rock back on right foot, rock forward on left foot.

SACHET BACK, ROCK FORWARD, ROCK BACK

21&22-23-24 On same diagonal step back on right foot, step left foot next to right foot, step back on right foot, rock forward on left foot, rock back on right foot.

2-COUNT FULL TURN, SHUFFLE

25-27&28 Starting with left foot-do a full turn using two steps (left then right), shuffle forward left, right, left.

KICK, CROSS, TOE TOUCH SIDE, CROSS TOE BEHIND

29-32 Kick right foot out to right, cross right foot over left foot, touch left toe out to left, cross left foot behind right foot.

UNWIND, HOLD, SAILOR STEP

33-35&36 Unwind ½ wall to your left, hold for one count (concentrating weight on left foot), step right foot behind left foot, step left foot to left, step right foot right.

SAILOR STEP. STEP, STEP

37&38-39-40 Step left foot behind right foot, step right foot to right, step left foot to left, step right foot forward, step left foot forward.

HIP BUMPS

41-42-43&44 Bump hips forward, back, forward, back, forward.

RIGHT HEEL-BALL-TOUCH, LEFT HEEL-BALL-TOUCH

45&46-47&48 Touch right heel forward, step back on ball of right foot, touch left toe next to right foot, touch left heel forward, step back on ball of left foot, touch right toe next to left foot. (these heel ball touches should be in a backward traveling motion).

TOES OUT, TOES IN, TOES OUT, TOES IN

49-52 Stepping right foot to right about shoulder length apart turn toes of both feet out (knees slightly bent), turn toes of both feet in (straighten knees), turn toes of both feet out (knees slightly bent), turn toes of both feet in (straighten knees).

TOES OUT, HITCH, CROSS, STEP, STEP

53-54-55&56 Turn toes of both feet out (knees slightly bent), turn left toes in as you hitch your right knee in front, cross right foot over left foot, step back on left foot, step right foot to right.

LEFT SHUFFLE, ROCK STEP

57&58-59-60 Step left foot to left, step right foot next to left foot, step left foot to left, rock back on right foot behind left foot, recover weight on left foot.

RIGHT SHUFFLE, STEP, TOE TOUCH

61&62-63-64 Step right foot to right, step left foot next to right foot, step right foot to right, step left foot home next to right foot, touch right toe home next to left foot.

REPEAT
