

Believe It

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Karen Fisher & Jackie Stephens
音乐: Believe - Cher



1-4 Fan right toe out, heel out, heel in, toe in
5-8 Fan left toe out, heel out- heel in, toe in
9-12 Both toes out, heels out, heels in, toes in

13-14 Right toe strut forward, lower right heel
15-16 Left toe strut forward, lower left heel

MASHED POTATOES

17 Slide right back, left heel to right instep
& Heels apart
18 Slide left back, right heel to left instep
& Heels apart
19 Slide right back, left heel to right instep
& Heels apart
20 Step on left next to right

Alternative: back right shuffle/left shuffle

ROCK FORWARD, ROCK BACK (COASTER STEP)

21-22 Rock forward on right foot, rock back on left
23&24 Step back on right, step back on left, cross right foot over left

25&26 Side step & slide right beside left, side step left (left side shuffle)
27-28 Rock the right foot behind left, rock right foot in place
29&30 Side shuffle to right
31&32 Rock left foot behind right, rock right foot in place

33-34 Left heel forward, bring back to place as right heel goes forward
35-36 Bring back to place as left heel goes forward, hold for one beat
36-40 Repeat the above steps starting with right heel ($\frac{1}{4}$ turn to left)

41-44 Left shuffle forward, rock right forward, rock left in place
45&46 Turning right shuffle, $\frac{1}{2}$ turn on right, left, right
47-48 Rock left forward, rock right in place

49&50 Turning left shuffle $\frac{3}{4}$ turn left & right, left
51-52 Rock forward on the right, rock in place
53&54 Step back on right foot & back on left foot, forward on right foot
55&56 Kick left forward & step on ball of left, point right toe to right side (kick ball point)

57&58 Kick right forward & step on ball of right, point left toe to left side (kick ball point)
59-60 Step left foot behind right and unwind
61-64 Body roll to the count of 3, clap hands once

REPEAT