

# 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**