

Believe It

拍数: 32 墙数: 2 级数: Intermediate
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音乐: You Better Believe It - Jason Sellers



INTRO

1-2 Step right foot backward, hook left foot across in front of right shin

THE MAIN DANCE

1-2 Step left forward, drag-slide right foot forward toward left

&3 Step on ball of right foot beside left, step left forward

&4 Step on ball of right foot beside left, step left forward

5-6 Rock-step right forward, rock backward onto left

& Make $\frac{1}{2}$ turn right on ball of left foot hooking right foot across left shin

7&8 Shuffle forward right-left-right

9-10 Step left forward, make $\frac{1}{4}$ pivot turn right taking weight onto right foot

11 Twist to make $\frac{1}{4}$ turn left taking weight onto left foot

&12 Step right forward, make $\frac{1}{4}$ pivot turn left taking weight onto left foot

13-14 Step right across in front of left foot, step left to the side

& Step on ball of right foot slightly backward and to the right side

15-16 Step left across in front of right, step right foot to the side leaving left foot in place

17-18 Push hips to the right, push hips left taking weight onto left foot and sliding right foot toward left (feet should be apart)

&-19 Step on ball of right foot beside left, step left forward

&-20 Step on ball of right foot beside left, step left forward

21-22 Rock-step right foot forward, rock backward onto left

&23 Make $\frac{1}{2}$ turn right on ball of left foot and step right foot forward, make $\frac{1}{2}$ turn right on ball of right foot and step left foot backward

&24 Repeat previous counts &23 (3:00)

Counts &23&24 turn a total of 2 full turns to the right, and are quite fast. You will need to keep the feet close together to manage this move comfortably. An easier alternative is to do only one full turn, counting as "23,24" and doing $\frac{1}{2}$ turn on each step

25-26 Step right foot backward, hold drawing left foot toward right

& Step left beside right foot

27 Step right forward leaving left foot in place

28 Twist on balls of feet to make $\frac{1}{2}$ turn left

29 Twist on balls of feet to make $\frac{1}{2}$ turn right

30 Twist on balls of feet to make $\frac{1}{2}$ turn left

& Step left foot backward

31 Make $\frac{1}{2}$ turn right on ball of left foot and step right foot forward (toward 3:00 wall)

For these twists, it may be more comfortable doing less than $\frac{1}{2}$ turn for the 2nd and 3rd twists. Simply think of turning to the diagonals of your starting wall. Just remember which wall you have to step backward toward on count 31

32 Make $\frac{1}{4}$ turn right on ball of right foot sliding ball of left foot in an arc to finish beside right foot

REPEAT

TAG

After the 2nd wall (you will be facing front when you start and also when you finish this tag)

1-16 Dance counts 1-16 as normal

17 Push hips to the right making $\frac{1}{4}$ turn left

Weight should be on right foot

18 Hook left foot in front of right shin
