

Believe It

拍数: 64 墙数: 2 级数: Improver
编舞者: Annie Saw (UK)
音乐: Believe - Cher



RIGHT SHUFFLE AND ROCK BACK

- 1 Step right to right side
- & Step left next to right
- 2 Step right to right side
- 3 Rock back onto left foot
- 4 Rock forward onto right foot

LEFT SHUFFLE AND ROCK BACK

- 5 Step left foot to left side
- & Step right foot next to left
- 6 Step left foot to left side
- 7 Rock back onto left foot
- 8 Rock forward onto right foot

RIGHT JAZZ BOX, RIGHT MONTEREY TURN

- 9 Cross right foot over left
- 10 Step left foot back, and slightly to left side
- 11 Step right foot back
- 12 Step left foot next to right
- 13-14 Touch right toe to right side, pivot $\frac{1}{2}$ right on left foot and step right foot together (now facing back wall)
- 15-16 Touch left toes out to left side, step left foot together

- 17-32 Repeat 1-16, but with a $\frac{1}{4}$ turn right in the jazz box on count 11 (a.k.a. Count 27)

TWO RIGHT KICK-BALL-CHANGES, FOUR HEEL SWITCHES

- 33 Kick right foot forward
- &34 Step on ball of right foot next to left foot, change weight to left foot in place
- 35 Kick right foot forward
- &36 Step on ball of right foot next to left foot, change weight to left foot in place
- 37& Touch right heel in front, step right foot back in place
- 38& Touch left heel in front, step left foot back in place
- 39&40 Repeat heel switches again
- & Replace weight to left foot (after heel switches)

CROSS, TOUCH, CROSS TOUCH

- 41 Cross right foot over left (put weight on right foot) while bending right knee
- 42 Point left toes to left side
- 43 Cross left foot over right (put weight on left foot) while bending left knee
- 44 Point right toes to right side

PIVOT ON LEFT FOOT WITH FOUR RIGHT TOE POINTS, TO MAKE FULL TURN LEFT

- 45 Pivot $\frac{1}{4}$ turn left on left toes, (by lifting left heel) while pointing right foot to right side
- 46-48 Repeat this move three more times until you have made a full turn left

Styling tip for counts 45-48: lean body down to the left with left hand hanging toward the floor as you go round, and right arm up raised up towards the ceiling

49-64

Repeat counts 33-48, adding a $\frac{1}{4}$ turn right in the heel switches, counts 37-40 (a.k.a. Counts 53-56) so that after 4 heels you have completed the $\frac{1}{4}$ right turn

REPEAT
