

Believe It Or Not

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tara Henton (UK)
音乐: I Believe In You - Don Williams



The count of this dance is in compound meter, which means the beats are actually subdivided into 3 parts (1&a, 2&a, etc.) rather than two. It is not a waltz, because there are four beats in each measure of music. With the exception of the last 4 counts, the steps are all danced on the first and third subdivisions of each beat. As a result of this, you should feel a 'long, long, short, long...' type pattern as you dance it

SIDE ROCK, CHASSE ¼ TURN RIGHT, SCUFF, STEP WITH A ¼ TURN RIGHT AND TOUCH, SCUFF, CHASSE RIGHT

- 1-2a3 Rock out on left to left side, recover weight onto right, step left together, making a ¼ turn right step right forward (3:00)
- 4a5 Scuff left forward next to right, making another ¼ turn right step left to the side, touch right next to left (6:00)
- 6-7a8 Scuff right forward and around to the right, chasse to the right stepping right, left, right

CROSS UNWIND ¾ TURN RIGHT, SHUFFLE, ROCK FORWARD, RECOVER, CLOSE, ROCK BACK, RECOVER, STEP PIVOT ½ TURN RIGHT, STEP ¼ TURN RIGHT

- 1-2a3 Cross left over right and unwind a ¾ turn right taking weight on left foot, shuffle forward right, left, rock forward on right (3:00)
- 4a5 Recover weight onto left, step together with right, rock back on left
- 6-7a8 Recover weight onto right, step left forward, pivot ½ turn right taking weight on right, making ¼ turn right step left to the side (finishing at 12:00)

ROCK, STEP, CLOSE, ROCK, STEP, STEP PIVOT ½ TURN RIGHT, STEP, ¾ TURN RIGHT, RECOVER

- 1-2a3-4 Rock out on right to right side, recover weight onto left, step right together, rock out on left to left side, recover weight onto right
- 5-6a7-8 Step forward on left pivoting a ½ turn right, step down on right in place, making ½ turn right step back on left, making a ¼ turn right step right to the side, recover weight onto left (finishing at 3:00)

Easy option to replace ¾ turn:

- 5-6a7-8 Step forward on left pivoting a ½ turn right, step down on right in place, step left together, step right forward pivoting a ¼ turn left, step on left in place

CLOSE, CROSS ROCK, RECOVER, CLOSE, CROSS ROCK, RECOVER, SWAY RIGHT, SWAY LEFT WITH A ½ TURN LEFT, SWAY RIGHT, CHASSE LEFT

- a1-2 Step right next to left, cross rock left over right, recover weight onto right
- a3-4 Step left next to right, cross rock right over left, recover weight onto left
- 5&a-6&a Sway to the right side taking weight on right, rise up on toes, lower heels taking weight on right foot; sway to the left taking weight on left, rise up left toe making a ½ turn left (to 9:00) while lifting right knee slightly, lower heels taking weight on left
- 7&a-8a Step right to right side and sway, rise up on toes, lower heels taking weight on right foot; chasse to the left stepping left, right (optional full turn left on the chasse)

REPEAT