

Believe It Or Not

拍数: 36 墙数: 4 级数: Improver
编舞者: Michael Vera-Lobos (AUS)
音乐: Believe It Or Not (Greatest American Hero Theme) - Joey Scarbury



SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD

1&2 Shuffle forward right stepping right, left, right
3-4 Rock forward on left, rock back on right foot
5&6 Shuffle back on left stepping left, right, left
7-8 Rock back on right, rock forward on left foot

SIDE SHUFFLE, ROCK BACK, ROCK FORWARD, CROSS, STEP BACK, ¼ STEP, SCUFF FORWARD

1&2 Side shuffle right stepping right, left, right
3-4 Rock left behind right, rock forward onto right
5-6 Cross step left over right, step back on right
7-8 Turning ¼ left step onto left, scuff right foot forward

SHUFFLE FORWARD, STEP FORWARD, ½ PIVOT, ½ SHUFFLE, ROCK BACK, ROCK FORWARD

1&2 Shuffle forward right stepping right, left, right
3-4 Step forward left, pivot ½ right (end weight right)
5&6 Traveling forward turn a further ½ right as you shuffle left, right, left
7-8 Rock back on right, rock forward on left

FORWARD COASTER, BACK COASTER, STEP FORWARD, ½ PIVOT, STEP FORWARD, ¼ PIVOT

1&2 Step forward right & step left beside right, step back on right
3&4 Step back on left & step right beside left, step forward on left
5-6 Step forward right, pivot ½ left (end weight on left)
7-8 Step forward right, pivot ¼ left (end weight on left)

CROSS SAMBA STEP, CROSS SAMBA ¼ TURN

1&2 Cross step right over left & rock left to left, rock weight center onto right foot
3&4 Cross step left over right & step right to right, turning ¼ left step onto left foot

REPEAT

RESTARTS

On wall 3 dance until count 24 & start dance again

On wall 8 dance until count 16 & start dance again