

The Believers

拍数: 0 墙数: 1 级数: Intermediate
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音乐: I'm a Believer - The Monkees



Sequence: AB, AB, AB, A

PART A

STEP LOCK FORWARD, SCUFF; STEP LOCK FORWARD, SCUFF

- 1-4 As you face at a slight angle to left, step forward on right, lock left behind right, step forward on right, scuff left
- 5-8 As you face at a slight angle to right, step forward on left, lock right behind left, step forward on left, scuff right

STEP FORWARD, ½ PIVOT LEFT, ½ TURN LEFT, KICK FORWARD; WALK BACK 3 STEPS, TOUCH

- 1-4 Step right forward, pivot ½ turn left, on ball of left foot turn ½ turn left as you step back on right, kick left forward
- 5-8 Step back on left, step back on right, step back on left, touch right next to left

STEP SIDE, STEP BEHIND, ¼ TURN RIGHT, ¾ SPIN RIGHT, STEP SIDE, STEP BEHIND, STEP SIDE, TOUCH

- 1-4 Step right to right side, step left behind right, turn ¼ on right, spin on ball of right making ¾ turn right (returning to front wall)
- 5-8 Step left to left side, step right behind left, step left to left side, touch right next to left

STEP SIDE, KICK, CROSS, KICK, STEP SIDE, KICK, CROSS, KICK

- 1-4 As you angle 1/8 right step right to right side, kick left across right and snap fingers, step down on left across right, kick right forward and snap fingers
- 5-8 Step down on right to right side, kick left across right and snap fingers, step down on left across right, kick right forward and snap fingers

SIDE ROCK, ½ TURN LEFT, SIDE, BEHIND, SIDE, CROSS, SIDE TOUCH, HEEL TAP

- 1-4 Rock right to right side, make ½ turn left stepping down on left, step right to right side, step left behind right
- 5-8 Step right to right side, cross step left over right, touch right slightly to right side, tap right heel down (weight remaining on left)

SIDE ROCK, ½ TURN LEFT, SIDE, BEHIND, SIDE, CROSS, SIDE TOUCH, HEEL TAP

- 1-4 Rock right to right side, make ½ turn left stepping down on left, step right to right side, step left behind right
- 5-8 Step right to right side, cross step left over right, touch right slightly to right side, tap right heel down (weight remaining on left)

STEP FORWARD, PIVOT ½ TURN LEFT, STEP FORWARD, HOLD, FULL TURN RIGHT TRAVELING FORWARD, HOLD

- 1-4 Step right forward, pivot ½ turn left, step right forward, hold
- 5-8 Make a full turn right traveling forward by stepping back on left as you turn ½ turn right, turn ½ turn right as you step forward on right, step forward on left, hold (you can substitute the full turn with a shuffle forward left, right, left)

MONTEREY TURN RIGHT, POINT, CROSS, STEP SIDE, 3 COUNT HOLD

- 1-4 Touch right to right side, make ½ turn right stepping down on right next to left, point left to left side, cross left over right (weight left)

5-8 Stomp right to right side (weight is on right), hold for 3 counts

PART B

SWAY HIPS MOVING TO LEFT SIDE, SWAY HIPS TO ¼ TURN RIGHT (WITH HAND AND ARM GESTURES)

1-4 Sway hips left, right, left, right as you move weight to left

5-8 Begin ¼ turn right as you sway hips left, right, left, right leaning forward on right

Hand gestures:

For counts 1-4 above: using left hand, make a sideways peace sign (knuckles facing toward face at eye level) move arm to left.

For counts 5-8 above: using right hand, make a sideways peace sign (knuckles facing toward face at eye level) move arm to right.

SIDE STEP WITH HIP SWAYS MOVING TO LEFT SIDE, HIP SWAYS TO ¼ TURN RIGHT (WITH HAND AND ARM GESTURES)

1-4 Step left to left side and sway hips left, right, left, right as you move weight to left

5-8 Begin ¼ turn right as you sway hips left, right, left, right leaning forward on right

Hand gestures:

For counts 1-8 above: making a fist with both hands, start with left arm at head level, right arm straight down and alternate left and right arms up and down for all 8 counts

STEP, TOGETHER, STEP, TOUCH, ½ TURN RIGHT STEP, TOGETHER, STEP, TOUCH

1-4 Step left forward, step right next to left, step left forward, touch right next to left

5-8 Make ½ turn right as you step forward on right, step left next to right, step right forward, touch left next to right

¼ TURN LEFT STEP, TOGETHER, STEP, TOUCH, ½ TURN RIGHT STEP, TOGETHER, STEP, TOUCH

1-4 Make ¼ turn left as you step left forward, step right next to left, step left forward, touch right next to left

5-8 Make ½ turn right as you step right forward, step left next to right, step right forward, touch left next to right

¼ TURN LEFT, DRAG, STEP SIDE, DRAG

1-4 Make ¼ turn left as you step left to left side, drag right next to left for 3 counts (weight remains on left)

5-8 Step right to right side, drag left next to right for 3 counts (weight remains on right)

STEP FORWARD, HOLD SNAP, ½ TURN RIGHT, HOLD SNAP, ¼ TURN LEFT, HOLD SNAP, ½ TURN RIGHT, HOLD SNAP

1-4 Step left forward, hold and snap right fingers, turn ½ right stepping down on right, hold and snap right fingers

5-8 ¼ turn left stepping down on left, hold and snap right fingers, ½ turn right stepping down on right, hold and snap right fingers

¼ TURN LEFT, STEP LOCKS FORWARD, SCUFF, STEP FORWARD, HIP ROLL ¼ TURN, STEP FORWARD, HIP ROLL ¼ TURN LEFT

1-4 Turn ¼ left stepping forward on left, lock right behind left, step forward on left, scuff right

5-8 Step down on right, roll hips into ¼ turn left (weight ends on left), step forward on right, roll hips into ¼ turn left (weight ending on left)

ENDING

When you do Part A for the last time, you will only do Sets 1-6 of Part A. As the music begins to fade after set 6, you will just continue to do heel taps with your left and right heels, alternating from left to right and snapping your fingers to the music (or you can continue to just do RIGHT heel taps while snapping your fingers as the music fades).
