

Just Believe

COPPERKNOB
BY STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Michael Vera-Lobos (AUS) - September 2007
音乐: I Believe I Can Fly - R. Kelly : (CDS)



START AFTER THE WORD "I"

- 1 - 8&9 WALK FWD, STEP FWD & ½ PIVOT R, FULL SPIN FWD R, STEP FWD, STEP BACK, COASTER COASTER BACK, STEP BACK & ½ L, ¼ L SIDE DRAG
- 1,2&3&4 Walk fwd R dragging L towards R, Step fwd L & Pivot ½ R, Turn fwd R stepping L then R, Step fwd L dragging R towards L
- 5,6&7 Step back on R dragging L towards R, Step back on L & Step R beside L, Step fwd on L dragging R towards
- 8&1 Step back on R & turn ½ L on L, Turning a further ¼ L end with R to R dragging L towards (9:00)
- 10 - 16 BEHIND & SIDE, CROSS ROCK, ROCK BACK & ¼ L, ¾, FULL TRIPLE L, DIAGONAL BACK DRAG
- 2&3,4&5 Cross L behind R & Step R to R, Cross Rock L over R, Rock back on R & Turn ¼ L on L, Turning ¾ L Step onto R slightly lifting L (9:00)
- 6&7,8 Traveling L - Full triple Spin L Stepping L,R,L, Take a large Step Diagonal back R dragging L towards R (9:00)
- 17 - 24 CROSS ROCK, REPLACE & SIDE, STEP FWD DIAGONAL & ½ PIVOT L, STEP FWD, CROSS ROCK, REPLACE & SIDE, STEP FWD DIAGONAL & ½ PIVOT L, STEP FWD
- 1,2&3&4 Cross rock L over R, replace wt on R & Step L to L straightening up (9:00), Step fwd R into L diagonal (7:00) & Pivot ½ L, Step fwd on R (1:00)
- 5,6&7&8 Cross rock L over R, replace wt on R & Step L to L straightening up (12:00), Step fwd R into L diagonal (11:00) & Pivot ½ L, Step fwd on R (5:00)
- &25 - 32 & CROSS LUNGE, REPLACE & STEP SIDE, CROSS & ¼ L, ½ L, STEP FWD & ½ PIVOT L, STEP FWD, FULL TRIPLE FWD L
- &1,2&3&4 Stepping onto L Cross Lunge R over L, Rock back on L & Step R to R straightening up to (6:00), Cross L over R & Stepping back on R turn ¼ L, Turn a further ½ L on L (9:00)
- 5&6,7&8 Step fwd R & Pivot ½ L, Step fwd R (3:00), Full triple turn fwd over L Stepping L,R,L (3:00)
- 33 - 40 &41 LUNGE FWD, REPLACE & ½ R, LUNGE FWD, REPLACE & ½ L, STEP FWD & ½ PIVOT L, ROCK FWD R, ROCK BACK SIDE SWEEP, BEHIND & ¼ L, ¼ L
- 1,2&3,4& Lunge fwd R, Replace & turn ½ R Stepping onto R, Lunge fwd L, Rock back on R & Turn ½ L on L (3:00)
- 5&6,7 Step fwd R & Pivot ½ L, Rock fwd on R, Rock back on L Sweeping R out to R Side (9:00)
- 8&1 Cross R behind L & Turn ¼ L on L, Turn a further ¼ L Stepping R to R dragging L towards R (3:00)
- 42 - 48 CROSS BEHIND & ¼ R, LUNGE FWD L, ROCK BACK & ½ L, ½ L, ROCK BACK L, ¾ TRIPLE FWD R & STEP
- 2&3,4&5 Cross L behind R & Turn ¼ R on R, Lunge fwd L (6:00), Rock back on R & Turn back ½ L on L, Turn a further ½ L Stepping onto R (6:00)
- 6,7&8& Rock back on L brushing R across L, Travel fwd Turn ¾ Triple R Stepping R,L,R (3:00) & Step onto L

RESTARTS:

WALL 2 DANCE TO COUNT 40 & THEN START AGAIN

WALL 5 DANCE TO COUNT 16 & STEP ONTO L TO START AGAIN FACING FRONT WALL

NOTE: SOMETIMES WHEN IT ALL GET'S TOO MUCH..... YOU JUST HAVE TO BELIEVE MVL
