

Cos I Believe

拍数: 32 墙数: 1 级数: Improver
编舞者: Sebastiaan Holtland (NL) - December 2007
音乐: Cos I Believe - Lemon Ice



You start the dance facing 12:00 Intro: 32 count you start at the words Cos I Believe

BASIC NIGHTCLUB WITH 1/4 TURN, QUICK QUICK FWD, 1/4 TURN, BASIC NIGHTCLUB WITH 1/4 TURN, CHECK FWD

- 1-2&3 Step Rf to the right and drag your Lf, rock Lf behind Rf, recover on Rf, step Lf forward with 1/4 turn left (9:00)
4&5 Step Rf forward, step Lf forward (quick quick motion), step Rf to the right with 1/4 turn left and drag your Lf (6:00)
6&7 Rock Lf behind Rf, recover on Rf, step Lf forward with 1/4 turn left (3:00)
8&1 Step Rf forward, step Lf forward (quick quick motion), check Rf forward weight onto Rf (3:00)

QUICK QUICK BACK L - R - L, BASIC NIGHTCLUB WITH 1/4 TURN, ROCK & STEP FWD WITH 1/4 TURN, FULL CHANNE TURN

- 2&3 Step Lf back, step Rf back, step Lf back (quick quick motion), weight onto Lf (3:00)
4&5 Rock Rf back, Lf recover, step Rf to the right with 1/4 turn left, drag your Lf (12:00)
6&7 Rock Lf behind Rf, recover on Rf, step Lf forward with 1/4 turn left weight onto Lf (9:00)
8& Step Rf forward, step Lf next to Rf turning full left and step forward on Lf (9:00)

BASIC NIGHTCLUB, BASIC NIGHTCLUB, BASIC NIGHTCLUB, ROCKING CHAIR FWD, ROCK / RECOVER

- 1-2& Step Rf to the right and drag your Lf, rock Lf behind Rf, recover on Lf (9:00)
3-4& Step Lf to the left and drag your Rf, rock Rf behind Lf, recover on Lf
5 Step Rf to the right and drag your Lf weight onto Rf
6&7 Rock Lf forward, recover on Rf, step Lf back weight onto Lf
8& Rock Rf back, recover on Lf weight onto Lf (9:00)

BASIC NIGHTCLUB WITH 1/4 TURN, BASIC NIGHTCLUB WITH 1/4 TURN, ROCK AND STEP FWD WITH 1/2 TURN, FULL CHANNE TURN

- 1-2& Step Rf to the right with 1/4 turn left and drag your Lf, rock Lf behind Rf, recover on Lf (6:00)
3-4&5 Step Lf to the left and drag your Rf, rock Rf behind Lf, recover on Lf, step Rf forward with 1/4 turn right weight onto Rf (9:00)
6&7 Rock Lf forward, recover on Rf, step Lf forward with 1/2 turn left (3:00)
8& Step Rf forward, step Lf next to Rf turning full left and step forward on Lf (3:00)

START AGAIN AND HAVE FUN

Note: At The 5th wall you get a 2 count break:

Option: 2 count HOLD.

At time in the music: 02:43 through 02:44: Then you start again on the words "Cos I Believe"