

I Don't Believe You

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Phrased Advanced smooth
编舞者: Niels Poulsen (DK) - December 2011
音乐: I Don't Believe You - P!nk



Intro: 8 counts from first guitar riff (app. 5 secs into track). Weight on L.
Sequence: Intro, A, B, B, A, B, B, Tag 1, A, Tag 2, B, B, 8 counts of B

Notes:

(1) This dance is ALL about hitting the lyrics/beats in the music!

In part A, from counts 33-64 counts 2 + 6 are strong. Try to speed up counts 2 + 6 thus accenting those beats.

In part B it's mostly about hitting the lyrics. Listen to the music. Feel it, and try to make your steps and moves hit the accents. GOOD LUCK!!!

(2) Thanks to Charlotte Mehl for yet again helping me find such incredible music

A Section

[1 – 8] Fw R, L mambo sweep, behind, ¼ L, step ¼ cross, ¼ R

- 1, 2&3 Step R fw (1), rock L fw (2), recover back on R (&), step back on L sweeping R to R side (3) 12:00
- 4 – 5 Cross step R behind L (4), turn ¼ L stepping fw on L (5) 9:00
- 6&7 Step fw on R (6), turn ¼ L stepping onto L (&), cross R over L (7) 6:00
- 8 Turn ¼ R stepping back on L (8) 9:00

[9 – 16] ½ R, ¼ R with sweep, cross L over R, R side rock, cross R over L, ¼ R, ¼ R

- 1 – 3 Turn ½ R stepping fw on R (1), turn ¼ R on R foot sweeping L fw (2), cross L over R (3) 6:00
- 4 – 5 Rock R to R side (4), recover weight to L (5) 6:00
- 6 – 8 Cross R over L (6), turn ¼ R stepping back on L (7), turn ¼ R stepping R to R side (8) 12:00

[17 – 24] L point and prep, L rolling vine, R jazz box, ½ shuffle R, ¼ R

- &1 Point L to L side (&), twist/prep your upper-body a little to the R side (1) 12:00
- 2&3 Turn ¼ L stepping L fw (2), turn ½ L stepping R back (&), turn ¼ L stepping L to L side (3) 12:00
- 4 – 5 Cross R over L (4), step back on L (5) 12:00
- 6&7 Turn ¼ R stepping R to R side (6), step L next to R (&), turn ¼ R stepping fw on R (7) 6:00
- 8 Turn ¼ R stepping back on L (8) 9:00

[25 – 32] ¼ R, cross L over R, R side rock, cross R over L, ¼ R, R back rock

- 1 – 2 Turn ¼ R stepping R to R side (1), cross L over R (2) 12:00
- 3 – 4 Rock R to R side (3), recover weight to L (4) 12:00
- 5 – 6 Cross R over L (5), turn ¼ R stepping back on L (6) 3:00
- 7 – 8 Rock back on R (7), recover weight fw onto L (8) 3:00

[33 – 40] Step ½ L, full turn L, step ¼ L, cross R over L, ¼ R

- 1 – 2 Step fw on R (1), turn ½ L stepping onto L (2) 9:00
- 3 – 4 Turn ½ L stepping back on R (3), turn another ½ L stepping fw on L (4) 9:00
- 5 – 6 Step fw on R (5), turn ¼ L stepping onto L (6) 6:00
- 7 – 8 Cross R over L (7), turn ¼ R stepping back on L (8) 9:00

[41 – 48] ¼ R into R side rock, R back rock, ½ Monterey R, L sweep, cross L over R

- 1 – 2 Turn ¼ R rocking R to R side (1), recover weight to L (2) 12:00
- 3 – 4 Rock back on R (3), recover weight fw onto L (4) 12:00

- 5 – 6 Point R to R side (5), step down on R and start turning ½ R on R (6) 3:00
- 7 – 8 Finish ½ R sweeping L fw (7), cross L over R (8) 6:00

[49 – 56] Side R, L back rock, side L, R back rock, rock fw R

- 1 – 3 Step R to R side (1), rock back on L (2), recover weight fw onto R (3) 6:00
- 4 – 6 Step L to L side (4), rock back on R (5), recover weight fw onto L (6) 6:00
- 7 – 8 Rock fw on R (7), recover weight back on L (8) 6:00

[57 – 64] Sweep R, touch behind, full unwind R, sweep, behind, side

- 1 – 2 Sweep R to R side (1), sweep R behind L (2) 6:00
- 3 – 4& Touch R behind L (3), start unwinding full turn R on R (4), finish turn changing weight to L (&) 6:00
- 5 – 6 Sweep R out to R side (5), sweep R behind L (6) 6:00
- 7 – 8 Cross R behind L (7), step L to L side (8) 6:00

B SECTION

[1 – 8] Cross rock, ¼ R, full turn R, ¾ pirouette, step fw L You face

- 1 – 2 Cross rock R over L (1), recover weight back on L (2) 6:00
- 3 – 5 Turn ¼ R stepping fw on R (3), turn ½ R stepping back on L (4), turn ½ R stepping fw on R (5) 9:00
- 6 – 7 Lift L foot next to R calf and start turning ¾ R on R (6), finish turn (7) (hit word 'Belieeeeeeeve') 6:00
- 8 Step fw on L (8) 6:00

[9 – 16] Step ¼ cross, side L, drag, behind side, cross rock, side R

- 1 – 2 Step fw on R (1), turn ¼ L stepping onto L (2) 3:00
- 3 – 4& Cross R over L (3) step L to L side (4), start dragging R behind L (no weight) (&) 3:00
- 5 – 6 Cross R behind L (5), Step L to L side (6) 3:00
- 7 – 8& Cross rock R over L (7), recover weight back to L (8), step R to R side (&) 3:00

Note Counts 9 – 18: hit Pink's lyrics When you say don't come around here no more:

When (1), you (2), say (3), don't (4&), come (5), a (6), round (7), here (8), no (&), more (1-2)

[17 – 24] Cross and sweep, cross, ¼ R, R point back, ½ R, turn ½ R with sweep, sweep

- 1 – 2 Cross L over R and start sweeping R fw (1), finish R sweep fw (2) 3:00
- 3 – 4 Cross R over L (3), turn ¼ R stepping back on L (4) 6:00
- 5 – 6 Slide and point R backwards (5), turn ½ R stepping fw on R (6) 12:00
- 7 – 8 Turn ½ R on R stepping L next to R starting a R sweep to R side (7), sweep R behind L (8) 6:00

[25 – 32] R sailor step, cross, side, L sailor ¼ L

- 1 – 3 Cross R behind L (1), step L to L side (2), step R to R side (3) 6:00
- 4 – 5 Cross L over R (4), step R to R side (5) 6:00
- 6 – 8 Cross L behind R (6), turn ¼ L stepping onto R (7), step fw on L (8) 3:00

Begin again! And ... GOOD LUCK hitting the lyrics!!!

Ending Do the first 8 counts of B and you will automatically end facing 12:00 12:00

Extras: 2 tags...

Tag 1: After your 4th B you have an 8 count tag, facing 12:00. Do the first 5 counts of A, then do this:

- 6&7 Step fw on R (6), turn ½ L stepping onto L (&), turn ¼ L stepping R to R side (7) 12:00
- 8 Step L next to R (8), now RESTART with Part A 12:00

Tag 2: Finish your 3rd A (your last A in the dance), facing 6:00, then add this easy 4 count tag

- 1 – 2 Cross rock R over L (1), recover weight to L (2) 6:00
- 3 – 4 Rock R to R side (3), recover weight to L (4) 6:00

