

# Believe It Or Not

**COPPER** KNOB  
STEPSHEETS

拍數: 36                      牆數: 4                      級數: Upper Beginner  
編舞者: Sue Wright (AUS) - June 2017  
音樂: Theme from "Greatest American Hero" (Believe It or Not) - Joey Scarbury :  
(Album: America's Greatest Hero)



**START: Feet together, weight on left, 24 count Intro, start on lyrics**

## Heel, Toe, Heel, Toe, Forward, Together, Forward, Touch

1, 2                      Touch R heel to right diagonal, Touch R toe across in front of left foot  
3, 4                      Touch R heel to right diagonal, Touch R toe across in front of left foot  
5 - 8                      Step R forward, Step L beside right, Step R forward, Touch L beside right

## Heel, Toe, Heel, Toe, Forward, Together, Forward, Scuff

1, 2                      Touch L heel to left diagonal Touch L toe across in front of right foot  
3, 4                      Touch L heel to left diagonal, Touch L toe across in front of right foot  
5 - 8                      Step L forward, Step R together, Step L forward, Scuff R beside left

## Rocking Chair, Paddle Turn, Paddle Turn

1 - 4                      Step R forward, Rock back on L, Step R back, Rock forward on L  
5 - 8                      Step R forward, Turning ¼ left step L to left, Step R forward, Turning ¼ left step L to left \*\*\*\*  
6:00

## Cross, Point, Cross, Point, Jazz Box ¼ Turn

1 - 4                      Cross R over left, Point L toe to left side, Cross L over right, Point R toe to right side  
(Move slightly forward in this sequence.)  
5 - 8                      Cross R over left, Step back on L, Turn ¼ right step R to right side, Step L forward ##### 9:00

## Heel, Together, Heel Together

1, 2                      Touch R heel to right diagonal, Step R beside left  
3, 4                      Touch L heel to left diagonal, Step L beside right

**START DANCE AGAIN**

**Restart \*\*\*\* Wall 3: after count 24 (facing 12.00)**

## Tag 1: 12 Count Tag at the end of Wall 6 (facing 3.00)

### Vine Right, Vine Left, Heel, Together, Heel Together

1-4                      Step R to right, Step L behind right, Step R to right, Touch L beside right  
5-8                      Step L to left, Step R behind left, Step L to left, Touch R beside left  
9-12                      Touch R heel to right diagonal, Step R beside left, Touch L heel to left diagonal, Step L  
beside right

## Tag 2: 4 Count Tag at the end of Wall 7 (Facing 12.00)

### Heel, Together, Heel Together

1-4                      Touch R heel to right diagonal, Step R beside left, Touch L heel to left diagonal, Step L  
beside right

**Ending: Wall 9 (starting at 9.00)**

**Dance to count 32##### (facing 6.00) and add the following:**

**Step R forward, Pivot ½ left (take weight on L), Step R forward, Clap**

Free to be copied provided no changes are made to the original choreography.

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