

Hard To Believe (L/P)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver Line / Partner
編舞者: Kayla Cosgrove (USA) - December 2017
音樂: She's with Me - High Valley



BASE DANCE/LADIES FOOTWORK

W1: SIDE, CROSS ROCK, TRIPLE LEFT, BACK ROCK, SIDE TOGETHER

1,2,3 Step R to R(1) Cross rock L over R(2) Recover to R(3)
4&5 Step L to L(4) Step R together(&) Step L to L(5)
6,7 Rock back on R(6) Recover fwd on L(7)
8& Step R to R(8) Step L together(&)

W2: ¼ RIGHT FORWARD ROCK, RECOVER, ½ TRIPLE LEFT, FORWARD ROCK, RECOVER, ¼ STEP RIGHT, TOGETHER LEFT

1,2,3 Make ¼ stepping fwd R(1) Rock fwd on L(2) Recover back to L(3) (3 o'clock)
4&5 Make ¼ L stepping L to L(4) Step R together(&) Make ¼ L stepping L fwd(5) (9 o'clock)
6,7 Rock fwd on R(6) Recover back on L(7)
8& Make ¼ R stepping R to R(8) Step L together(&) (12 o'clock)

W3: ¼ RIGHT, ROCK FORWARD, ROCK BACK, TRIPLE FORWARD, ROCK FORWARD RECOVER BACK, LOCK STEP BACK

1,2,3 Make ¼ R stepping fwd on R(1) Rock fwd on L(2) Rock back on R(3) (3 o'clock)
4&5 Step L fwd(4) Step R together(&) Step L fwd(5)
6,7 Rock fwd on R(6) Rock back on L(7)
8&1 Step R back(8) Lock L over R(&) Step R back(1)

W4: LOCK STEP BACK X2, ROCK BACK, RECOVER FORWARD, STEP FORWARD

2&3 Step Back on L(2) Lock R over L(&) Step back on L(3)
4&5 Step back on R(4) Lock L over R(&) Step back on R(5)
6,7 Rock back on L(6) Recover fwd R(7)
8 Step fwd L(8) (3 o'clock)

RESTARTS:

-Wall 3 after 8 counts
-Wall 7 after 16 counts

MEN'S FOOT WORK FOR PARTNER VARIATION

Men start facing their partner in a 2 hand hold (6 o'clock)

M1: SIDE BACK ROCK, TRIPLE RIGHT, FORWARD ROCK, SIDE TOGETHER

1,2,3 Step L to L(1) Rock back on R(2) Recover fwd on L(3)
4&5 Step R to R(4) Step L together(&) Step R to R(5)
6,7 Cross rock L over R(6) Recover back on R(7)
8& Step L to L(8) Step R together(&)

M2: ¼ LEFT, FORWARD ROCK RECOVER, ½ TRIPLE, ROCK FORWARD ¼ SIDE TOGETHER

1,2,3 Make ¼ L stepping L Fwd(1) Rock fwd on R(2) Recover back on L(3) (3 o'clock)

Releasing the left hands, keeping the right connected to ladies left

4&5 Make ¼ R stepping R to R(4) Step L together(&) Make ¼ R stepping R fwd(5) (9 o'clock)

Reconnecting both hands as you make the first ¼ turn, then releasing the right hand, staying connect with the left as you make the second ¼ turn

6,7 Rock Fwd on L(6) Recover Back on R(7)

Left hand still connected to ladies right

8& Make ¼ left stepping L to L(8) Step R together(&) (12 o'clock)

Reconnecting both hands, waist height

M3: ¼ LEFT, ROCK FORWARD, ROCK BACK, TRIPLE FORWARD, ¼ ROCK, ¼ FORWARD, LOCK STEP FORWARD

1,2,3 Make ¼ L stepping L fwd(1) Rock fwd onto R(2) Rock Back onto L(3) (3 o'clock)

Releasing L hand, keeping R hand connected and downward

4&5 Step R fwd(4) Step L together(&) Step R fwd(5)

6,7 Making a ¼ R rock out onto L(6) Making ¼ R rock fwd onto R(7) (9 o'clock)

Pick up ladies left hand for 2 hand hold, waist level

8&1 Step L fwd(8) Lock R behind L(&) Step L fwd(1)

M4: LOCK STEP FORWARD X2, ROCK FORWARD, RECOVER, STEP BACK

2&3 Step R fwd(2) Lock L behind(&) Step R fwd(3)

4&5 Step L fwd(4) Lock R behind(&) Step L fwd(5)

6,7 Rock fwd R(6) Recover back L(7)

8 Step Back R(8) (9 o'clock) *Use R hand to place ladies L hand on gentlemen's R shoulder for closed dance hold to start the dance again*

Last Update – 8th Jan. 2017
