

# 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**

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