

Believe in Yourself (信自己)

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Katherine Lee (SG) - July 2022
音樂: Believe in Yourself (信自己) - Alex To (杜德偉) & Sally Yeh (葉蒨文)



Starts with our Right Foot. Intro: 4x8 on heavy beats.

**2 Restarts at Wall 3 & Wall 6.

S1 Forward, Touch back, Unwind ½L, Forward, Side, Rock back, Recover

1-4 RF: step fwd, LF: touch back, unwind ½ left turn, LF step down(6:00), RF: step fwd,
5&6,7&8 LF: step side, RF: rock back, LF: recover, RF: step side, LF: rock back, RF: recover.

S2 Side, Swivel 1/4R, Coaster step, Rock fwd, Coaster step

1,2,3&4 LF: step side, swivel both heel ¼ right turn(9:00), RF: step back, LF: close, RF: step fwd,
5,6,7&8 LF: rock fwd *option: body roll, RF: recover, LF: step back, RF: close, LF: step fwd.

S3 Kick-cross-point x2, Cross, point side, ½L Sailor Step

1&2,3&4 RF: kick fwd, RF: cross, LF: point side, LF: kick fwd, LF: cross, RF: point side,
5,6,7&8 RF: cross, LF: point side, LF: sweep behind RF ½ left turn(3:00), RF: close, LF: step fwd.

S4 Cross Samba x2, 1/4L-paddle turns x2

1&2, 3&4 RF: cross, LF: side rock, RF: recover, LF: cross, RF: side rock, LF: recover,
5-8 RF: step fwd, paddle ¼ left turn(12:00), RF: step fwd, paddle ¼ left turn(9:00)

S5 Side, Touch, Side, Touch, Forward, Brush, Hitch ¼ L, Coaster Step

1,2 RF: step side, dip down & hip roll (anti-clockwise), LF touch slightly L-diag.,
3,4 LF: step side, dip down & hip roll (clockwise), RF touch slightly R-diag.,
5&6,7&8 RF: step fwd, LF: brush fwd, hitch make ¼ left turn(6:00), LF: step back, RF: close, LF: step fwd.

S6 Rolling Vine with hitch, Side, Drag, Touch, Kick-ball-change

1-3 RF: fwd ¼ right turn(9:00), LF back ½ right turn(3:00), RF: side ¼ right turn(6:00),
4-6 Hitch left knee, LF: big step side, RF: drag towards LF and touch beside LF,
7&8 RF: kick fwd, RF: ball/close, LF: step slightly fwd.

S7 V-step, Forward, Swivel 1/4L, 1/4L Sailor step

1-4 RF: step diag. fwd, LF: step diag. fwd, RF: back to center, LF: close,
5,6 RF: step fwd, Swivel both heels to 1/4 left turn (3:00),
7&8 LF: sweep behind RF, RF: close ¼ left turn(12:00), LF: step fwd.

S8 Carmel Walks x 4, Out, Out, Hold, Ball, Cross, Unwind ½ R

1-4 (RF: step fwd while popping L-knee besides RF, LF: step fwd while popping R-knee besides LF) x 2,
&5,6,&7,8 RF: out, LF: out, Hold, RF: ball, LF: cross, unwind ½ right turn(6:00)

Restarts : Wall 3 - up to 46counts & Wall 6 – up to 24counts with step change (Sec. 3 on count

7&8 make 1/4L turn Sailor, restarts facing 12:00)

Ending: End of Wall 7 facing 6:00, add RF: step fwd, LF: touch back, unwind ½ left turn.

Keep Active! Keep Dancing!

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Last Update - 11 Aug 2022
