

Believe in Me

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Esther Axon (UK) - March 2024
音樂: If You Believe - Steps



#20 count intro (start on the word "bridge" at approx. 20 seconds into the track)

SECTION 1: SIDE, BEHIND, ¼ STEP, STEP FORWARD, ½ PIVOT, STEP FORWARD, FULL TURN, STEP FORWARD, ¼ ROCK RECOVER, CROSS ¼ TURN, FORWARD LOCK STEP

- 1-2& Step R to right side, cross L behind R, make ¼ turn right, stepping R forward (3:00)
3-4& Step L forward, pivot ½ turn left, step L forward (9:00)
5-6& Lifting L, make full turn left on ball of R foot (9:00) (5), step L forward (6), make ¼ turn left (6:00), rocking R out to right side (&)
7&8& Recover on L (7), cross R over L (&), make ¼ turn left stepping L forward (8) (3:00), lock R behind L (&)

Tag / Restart here on Wall 3 Make ¼ turn right stepping L to left side, touch R next to L, keeping weight on L. Restart the dance facing 6:00.

SECTION 2: STEP FORWARD WITH A HITCH, WALK BACK x 2, STEP BACK WITH A SWEEP x 2, WEAVE WITH A FIGURE OF 8, CROSS BEHIND

- 1-2& Step L forward, hitching R knee (1), walk back R, L
3-4 Step R back, sweeping L from front to back (3), step L back, sweeping R from front to back (4)
5&6& Cross R behind L (5), step L to left side (&), cross R in front of L (6), make ¼ turn left stepping L forward (12:00)
7&8& Step R forward (7), pivot ½ turn L (&) (9:00), make ¼ turn left stepping R to right side (8) (3:00), cross L behind R (&)

SECTION 3: BASIC, SIDE, BEHIND, ¼ STEP, STEP FORWARD, ½ PIVOT, ½ SHUFFLE TURN

- 1-2& Step R to right side, step L behind R, cross R over L
3-4& Step L to left side, cross R behind L, make ¼ turn left stepping L forward (12:00)
5-6 Step R forward, pivot ½ turn left (6:00)
7&8 ¼ left stepping right to right side (7), step left next to right (&), ¼ left stepping back on right (8) (12:00)

SECTION 4: BEHIND, SIDE, ½ TURN, BEHIND SIDE CROSS, ¼ TURN, STEP FORWARD, ½ TURN, STEP FORWARD, FULL TURN, WALK, WALK

- 1&2 Cross L behind R, step R to right side, make ½ turn right stepping L to left side (6:00)
3&4 Cross R behind L, step L to left side, cross R over L
5&6 Make ¼ turn left (3:00) stepping L forward (5), make ½ turn left (9:00) by stepping R forward (&), step forward on L (6)
7&8& Make ½ turn left stepping forward on R (7), make ½ turn left stepping forward on L (7), walk R (8), L(&) (9:00)
1 Make ¼ turn left as you step R to right side to begin the dance again

Tag / Restart here at end of Wall 6 Make ¼ turn left rocking R to right side, recover L. Restart the dance facing 12:00.

TAGS / RESTARTS -

Wall 3 after 8 counts

- 1-2 Make ¼ turn right stepping L to left side, touch R next to L, keeping weight on L. Restart the dance facing 6:00.

End of Wall 6

- 1-2 Make ¼ turn left rocking R to right side, recover L. Restart the dance facing 12:00.

END OF DANCE

Dance the first 16 counts (the tempo slows down considerably during the final few counts) then make a ¼ turn left to face 12:00, pointing L to left side

Questions / feedback estheraxon14@gmail.com

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