

Believe It or Not

COPPER KNOB
BY STEPHEN

拍數: 36 牆數: 4 級數: Intermediate
編舞者: Chiloni Huffman (USA) - 31 January 2025
音樂: Theme from "The Greatest American Hero (Believe It or Not)" - Mike Post Feat. Larry Carlton



#24 count Intro - 2 restarts, 2 tags

{1-8} STEP SWEEP FORWARD, STEP SWEEP FORWARD, JAZZBOX ¼ R

1,2,3,4 RF step fwd (1), sweep LF forward (2), step down LF (3)sweep RF forward
5,6,7,8 cross RF over L(5), step LF back(6), 1/4R step (7), LF TOG w/RF (8)

{9-16} LINDY, OUTSIDE ROLLING VINE

1&2,3,4 Step R to R side(1)LF tog w/RF(&) Step R to R (2)step LF behind RF (3) REC on RF(4)
5,6,7,8 1/4T R LF back (5) 1/2 turn R RF forward (6) ¼T LF to L side (7)RF tog w/RF(8)

Arms Option; both arms overhead in "V" on rolling vine

{17-24} STEP AREBESQUE CROSS ROC REC, ¼ TL STEP TOUCH , ¼ TURN LEFTSTEP DRAG

1,2,3,4 step R to R(1) brush LF off the ground(2)cross LF over RF(3)step RF down to recover
5,6,7,8 ¼ turn L LF for (5) touch RF tog w/RF(6), ¼ turn L RF side(7) Drag LF tog w/RF(8)

Arms Option: both arms overhead "V" on arebesque

{25-32} CROSS BEHIND SIDE, CROSS ROCK RECOVER, SIDE, CROSS 1/4TL CHASSE

1,2,3,4 step LF behind RF(1) RF to R (2) LF cross over RF (3) Recover on RF (4)
5,6,7&8 LF to L (5) RF crosses LF (6),1/4 T L LF forward(7) RF tog w/RF (&) L LF Forward(8)

{33-36} 1/2 PIVOT L ¼ PIVOT L

1,2,3,4 RF forward(1)1/2/Turn onto LF(2)RF forward(3) 1/4T to the L(4)

Tag : 4 count

1,2,3,4 RF for diag(1)LF tog w/RF(2)LF back diag(3)RF tog w/RF

W3 after 24counts ; shift weight to RF Restart W4 (facing 3o'clock)

W7 do counts 1-8 THEN... 4 count Tag Restart (facing 9 o'clock)

W8 end of wall 8, add 4 count Tag (facing 6 O'clock)

Repeat 36count dance 3 more walls

End Option: end on count 34 facing the front

Thank you!

Chiloni :)