

She Believes

COPPER **KNOB**
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sharon Hutchinson (UK)
音樂: She Believes (In Me) - Ronan Keating



SIDE, BACK ROCK, SIDE, CROSS, ¼ TURN, ½ TURN, ½ TURN, STEP, LOCK, STEP

- 1-2& Step large step to left side, rock back on right foot, recover weight forward onto left foot
3-4& Step right foot to right side, cross left foot over right, make ¼ turn left stepping back on right foot
5-6 Make ½ turn left stepping forward on left foot, on the ball of left foot make ½ turn left closing right foot next to left
7&8 Step left foot forward, lock right foot behind left, step left foot forward

Easier option

- 5-6 Step left foot back, close right foot next to left

STEP, ROCK, RECOVER, ¼ TURN LEFT, CROSS, SIDE, BEHIND, POINT, SAILOR STEP

- 1-2& Step right foot forward, rock forward on left foot, recover weight onto right foot
3-4& Make ¼ turn left stepping left foot to the side, cross right foot over left, step left foot to left side
5-6 Cross right foot behind left, point left foot to left side
7&8 Cross left foot behind right, step right foot to right side, recover weight onto left foot

BEHIND, UNWIND FULL TURN RIGHT, SIDE ROCK, CROSS, ¼ TURN LEFT, ¼ TURN LEFT, CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT, CROSS

- 1-2 Cross right foot behind left, unwind full turn right
3&4 Rock left foot to left side, recover weight onto right foot, cross left foot over right
&5-6 Make ¼ turn left stepping back on right foot, make ¼ turn left stepping left foot to left side, cross right foot over left
&7-8 Make ¼ turn right stepping back on left foot, make ¼ turn right stepping right foot to right side, cross left foot over right

ROCK FORWARD, RECOVER, ½ TURN RIGHT, ROCK FORWARD, RECOVER ¼ TURN LEFT, STEP PIVOT ½ TURN LEFT, SHUFFLE FULL TURN RIGHT

- 1-2& Rock forward onto right foot, recover weight onto left, make ½ turn right stepping forward onto right foot
3-4& Rock forward onto left foot, recover weight onto right, make ¼ turn left stepping left foot to left side
5-6 Step forward on right foot, pivot ½ turn left
7&8 Step forward on right foot, make ½ turn right stepping back on left foot, make ½ turn right stepping forward on right foot

Easier option

- 7&8 Shuffle forward on right foot

REPEAT

TAG

After walls 2 & 6 (facing 6:00 wall)

- 1-4 Sway left, right, left, right