

She Believes In Me

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Maureen Reynolds (AUS)
音樂: She Believes (In Me) - Ronan Keating



- 1-2 Rock forward on right, replace weight onto left
& Turning $\frac{1}{2}$ right stepping forward on right
3&4 Turning another $\frac{1}{2}$ turn right shuffle back left right left
5&6 Step right behind left, rock left to left, rock right to right
&7-8 Step left behind right, point right toe to right, drag right toe towards left turning $\frac{1}{4}$ right taking weight on right
- & Step left beside right
1-2& Rock right out to right side, rock weight onto left, step right next to left
3-4& Rock left out to left side, rock weight onto right, step left next to right
5-6 Cross step right over left, turning $\frac{1}{2}$ turn left taking weight onto right & bending left knee
7&8 Step back on left, step right beside left, step forward on left (left coaster)
- 1-2 Step forward on right sweeping left around in front of left, step forward on left sweeping right around in front of left
3&4& Step forward on right, step left beside right, step back on right, step left beside right
5-6 Step forward on right, step forward on left sweeping right around in front of left
7&8& Cross step right over left, step left to left side, step right behind left, step left to left side
- 1-2 Cross step right over left, rock weight back onto left
&3 Turning $\frac{1}{4}$ right step right to right side, cross step left over right
&4 Turn $\frac{1}{4}$ left stepping back on right, turn $\frac{1}{4}$ left stepping a large step to left
& Drag right toe towards left
5-6& Cross step right over left, rock replace weight back to left, step right beside left
7-8& Cross step left over right, rock replace weight back to right, step left beside right
- 1-2 Step right forward, pivot turn $\frac{1}{2}$ turn left (weight on left)
& Step right beside left
3&4 Turn a further $\frac{1}{2}$ turn left & shuffle forward left right left
5-6 Step right forward, sweep left around to left side turning $\frac{1}{2}$ right pointing left toe to left side
&7&8 Step left beside right, cross shuffle over left stepping right left right
- & Turning $\frac{1}{4}$ right hop back onto left
1-2 Rock back on right, replace weight on left
&3 Turning $\frac{1}{4}$ left stepping right to right side, step left behind right
&4& Turning $\frac{1}{4}$ right step forward on right, step forward on left, step right beside left
5-6 Rock forward on left, rock weight back onto right hooking left foot over right shin
7&8 Turning $\frac{3}{4}$ left stepping left right left
- 1-2& Rock forward on right, replace weight back onto left, step back on right
3& Lock left over and in front of right, step back on right
4 Turn $\frac{1}{2}$ left stepping forward on left
5-6 Rock forward on right, replace weight back onto left
& Step right beside left
7&8& Touch left toe straight back, turn $\frac{1}{2}$ left weight on right, step back on left, step right beside left

1&2& Cross step left over right, turn $\frac{1}{4}$ left stepping back on right, step back on left, point right to side
3&4 Shuffle forward right left right
5-6 Rock forward on left, rock weight back on right
7&8 Turning $\frac{1}{4}$ left side shuffle left right left

1&2 Step right forward, pivot $\frac{1}{2}$ left, step right forward
3&4 Step back on left turning $\frac{1}{2}$ right, turning $\frac{1}{2}$ right step forward on right, step forward on left

Easy alternative for steps 3&4 - just shuffle forward left right left

REPEAT

RESTART

On the 2nd wall, leave out the last 4 steps. Do a $\frac{1}{4}$ left side shuffle stepping left-right-left, restart dance again to back wall

FINISH

1-2& Rock right out to right side, rock weight onto left, step right next to left
3-4 Turn a $\frac{1}{4}$ right stepping back on left, step right beside left
