

I Believe I Can

COPPER KNOB
BY STEPHEN BRETZ

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Michel Cabana (CAN)
音樂: I Believe - Yolanda Adams



Sequence: AB AAA BB C AA, Modified B, AB AB ENDING

PART A

SIDE, BEHIND, SIDE, CROSS TOUCH, SIDE, CROSS TOUCH, SIDE, CROSS TOUCH

- 1-2 Step right to the right side, cross left behind right
- 3-4 Step right to the right side, touch left forward toes on an angle to the left corner as you snap fingers
- 5-6 Step left to the left side, touch right forward toes on an angle to the right corner as you snap fingers
- 7-8 Step right to the right side, touch left forward toes on an angle to the left corner as you snap fingers

VINE LEFT MAKING ¼ TURN LEFT, TOUCH SIDE, CROSS, TOUCH SIDE, ROCK STEP

- 1-2 Step left to the left side, cross right behind left
- 3-4 Pivot ¼ turn left as you step forward on the left, touch right to the right side
- 5-6 Cross right over left, touch left to the left side
- 7-8 Rock forward on the left, recover weight on the right

BACK, BACK, TOUCH BEHIND, UNWIND ½ TURN LEFT, FULL TURN ROLLING VINE RIGHT

- 1-2 Step back on the left, step back on the right
- 3-4 Touch left behind right, unwind ½ turn left on weight ending on the left
- 5-6 Pivot ¼ turn right as you step forward on the right, pivot ½ turn right as you step back on the left
- 7-8 Pivot ¼ turn right as you step forward on the left, touch right beside left

¼ TURN LEFT, TOUCH, CROSS, TOUCH, STEP FORWARD, PADDLE TURN, PADDLE TURN, PADDLE TURN

- 1-2 Pivot ¼ turn left as you step forward on the left, touch right to the right side
- 3-4 Cross right over left, touch left to the left side
- 5-6 Step forward on the left, pivot ¼ turn left as you touch right to the right side
- 7-8 Pivot ¼ turn left as you touch right to the right side, pivot ¼ turn left as you touch right to the right side

PART B

JAZZ BOX, MILITARY PIVOT, MILITARY PIVOT

Modified Part B is only the first 4 counts of the following

- 1-2 Cross right over left, step back on the left
- 3-4 Step right to the right side, step left beside right
- 5-6 Step forward on the right, pivot ½ turn left
- 7-8 Step forward on the right, pivot ½ turn left

PART C

SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, BUMP HIPS

- 1-2 Step right to the right side as you bump hips left with right shoulder going down, step left beside right as you straighten up
- 3-4 Step right to the right side as you bump hips left with left shoulder going down, step left beside right as you straighten up

- 5-6 Step right to the right side as you bump hips left with right shoulder going down, step left beside right as you straighten up
- 7&8 Bump hips left as you touch right fist to the left shoulder, bump hips right as you touch right fist to the right shoulder, bump hips left as you bring right fist straight down to the right side

SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, BUMP HIPS

- 1-2 Step left to the left side as you bump hips right with left shoulder going down, step right beside left as you straighten up
- 3-4 Step left to the left side as you bump hips right with right shoulder going down, step right beside left as you straighten up
- 5-6 Step left to the left side as you bump hips right with left shoulder going down, step right beside left as you straighten up
- 7&8 Bump hips right as you touch left fist to the right shoulder, bump hips left as you touch left fist to the left shoulder, bump hips right as you bring left fist straight down to the left side

¼ TURN RIGHT, ½ TURN LEFT, BOUNCE, BOUNCE, BOUNCE

While doing the next 16 counts keep both hands on your thighs

- 1-2 Pivot ¼ right as you step right foot to the right side, pivot ½ turn left as you take a big step to the left side
- 3&4 Bounce in place 3 times as you slide right foot closer and ending beside left (weight should remain on the left)
- 5-16 Repeat the same 4 counts 3 more times

ENDING

Step right foot to the right side (weight on both feet) and cross right arm over left towards the ground and rotate them up in the air and back to the each side for 8 counts
