

First To Believe

COPPER KNOB
STEPSHEETS

拍數: 36 牆數: 4 級數: Intermediate
編舞者: Craig Cooke (UK)
音樂: Be the First to Believe - A1



ROCK, SHUFFLE AND SAILOR STEPS

1&2 Rock back onto right forward onto left
3&4 Right shuffle forward
5&6 Step right behind left, step left to left side and step right foot forward
7&8 Step left behind right, steps right to right side and step left foot forward

HEEL SWITCHES, ROCKS AND CLAPS

9&10 Place right heel forward and bring back into place while changing weight to right foot, place left heel forward and bring back to place
11&12 Rock right to right side and touch besides left
13&14 Left heel forward, right heel forward
15&16 Rock left out to left side and bring back into place

HEEL SWITCHES, ROCKS AND CLAPS

17&18 Place right heel forward and bring back into place while changing weight to right foot, place left heel forward and bring back to place
19&20 Rock right to right side and touch besides left
21&22 Left heel forward, right heel forward
23&24 Rock left out to left side and bring back into place

SNAKE ROLLS FORWARD, SNAKE ROLLS TO SIDE & ¼ TURN TO THE RIGHT

25-26 Snake roll forward
27-28 Snake roll forward
29-30 Snake roll to the left
31-32 Snake roll to the right while making ¼ turn to the right side

While doing snake rolls use head as a guide

STREET WISE RUNNING MAN STEPS

33 Jump feet diagonally apart. Right foot forward left foot back
& Jump feet together hitching left knee
34 Jump feet diagonally apart left foot forward and right foot back
& Jump feet together hitching right knee
35 Jump feet diagonally apart, right foot forward and left foot back
& Jump feet together (both feet on the floor)
36 Jump feet diagonally apart, right foot forward and left foot back

REPEAT
