

Believe

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ann Napier (NZ)
音樂: Believe - Cher



KICK BALL SIDE, KICK BALL SIDE, CROSS BEHIND, UNWIND $\frac{3}{4}$ TURN, KICK BALL SIDE

- 1&2 Kick left foot forward, step left foot in place, touch right toe out to right side
- 3&4 Kick right foot forward, step right foot in place, touch left toe out to left side
- 5-6 Cross left foot behind right foot, unwind $\frac{3}{4}$ turn over left shoulder (weight on left foot)
- 7-8 Kick right foot forward, step right foot in place, touch left toe out to left side

RIGHT & LEFT TOE TOUCHES WITH HOLDS, TOE TOUCHES & HITCH

- &1-2 Step left foot in place, touch right toe out to right side, hold
- &3-4 Step right foot in place, touch left toe out to left side, hold
- &5 Step left foot in place, touch right toe out to right side
- &6 Step right foot in place, touch left toe out to left side
- &7-8 Step left foot in place, touch right toe out to right side, hitch right knee up

CROSS SHUFFLE, SIDE SHUFFLE, CROSS SHUFFLE, TURN $\frac{1}{4}$ TURN COASTER STEP

- 1&2 Cross right foot over left foot, bring left beside right, step left on right foot
- 3&4 Step left on left foot, bring right beside left, step left on left foot
- 5&6 Cross right foot over left foot, bring left beside right, step left on right foot
- 7&8 Turn $\frac{1}{4}$ turn right stepping back on left foot, step right next to left, step forward on left foot

BASKETBALL TURNS, HIP ROLL, STEP & CLAP

- 1-2 Rock forward on right foot making $\frac{1}{4}$ turn to left, recover back into position taking weight on left
- 3-4 Rock back on right foot making $\frac{1}{4}$ turn to right, recover weight into position taking weight on left
- 5-6 Rock forward on right foot making $\frac{1}{4}$ turn to left, recover back into position taking weight on left
- 7-8 Rock right hip forward taking weight on right, step left foot next to right & clap at same time

STEP BACK RIGHT, LEFT, HAND MOVEMENTS

- &1-2 Step back on right, step left slightly apart from right, touch right shoulder with left fingers
- 3-4 Drop left hand down to left side, touch left shoulders with right fingers
- 5-6 Drop right hand down to right side, cross hands in front of chest (left over right)
- 7-8 Drop both hands down to side, swing both arms up to touch each other high above the head

KNEE BENDS RIGHT, CLAP, KNEE BENDS LEFT, TURN & CLAP

- 1 Step to right side with right foot, bending both knees placing hands on thighs just above the knees.

The fingers should be on the inside and the thumbs on the outside of the legs leaning slightly forward.

- &2 Slightly straighten legs, maintaining position of body and hands-bend knees
- 3-4 Standing straight close right foot to left, clap
- 5-8 Repeat counts 1-4 to left side turning $\frac{1}{4}$ turn right as you close feet, clap (you should end up facing 9:00 wall)

RIGHT & LEFT HEEL JACKS, RUNNING MAN, RIGHT SHUFFLE

- &1&2 Step back on right foot, touch left heel forward, step left in place, step right in place
- &3&4 Step back on left foot, touch right heel forward, step right in place, step left in place
- 5& Step forward on right foot, scoot back on right foot

6& Step forward on left foot, scoot back on left foot
7&8 Shuffle forward on right, left, right

STEP, ½ PIVOT TURN, ½ TURN, ½ TURN, RUNNING MAN, STOMP LEFT, RIGHT

1-2 Step forward on left foot, ½ pivot turn to right

3-4 ½ turn over right shoulder stepping back on left foot, ½ turn over right shoulder stepping forward on right foot

5& Step forward on left foot, scoot back on left foot

6& Step forward on right foot, scoot back on right foot

7-8 Stomp left foot in place, stomp right foot in place taking weight (you should now be facing 3:00 wall to start dance again)

REPEAT
