

Believe It Or Not

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Robert Lindsay (UK)
音樂: Believe Me Baby (I Lied) - Trisha Yearwood



FORWARD SHUFFLE, TURN SHUFFLE, ROCK BACK TWICE, STEP TURN RIGHT LEFT

1&2 Step forward right, close left beside right, step forward right
3&4 Step forward left turning ½ turn right, close right beside left, step back left
5-6 Rock back right, rock forward left
7&8 Step forward right, close left beside right, step forward right
9&10 Step forward left turning ½ turn right, close right beside left, step back left
11-12 Rock back right, rock forward left
13-14 Step right forward, pivot ¼ turn left
15-16 Step right in place, step left in place

ROCK, FULL TURN, ROCK ½ TURN, HEEL BALL & CROSS, STOMP TWICE

17-18 Rock right across in front of left, rock back onto left
19&20 Turn a full turn over the right shoulder-right, left, right
21-22 Rock left across in front of right, rock back onto right
23&24 Turn ½ turn over left shoulder-left, right, left
25&26 Touch right heel out diagonally right, step down on ball of right foot, cross left over right
27-28 Stomp right, stomp left
29-32 Repeat steps 25-28

CROSS OVER SHUFFLE, ½ TURN SHUFFLE, CHASSE RIGHT, BACK ROCK

33&34 Cross right over left, close left beside right, step forward right
35&36 Shuffle ½ turn-left, right, left-over the right shoulder
37&38 Step right to right side, close left beside right, step right to right side
39-40 Rock back on left, rock forward onto right

CHASSE LEFT, FULL TURN SHUFFLE, CHASSE LEFT, ROCK IN FRONT

41&42 Step left to left side, close right beside left, step left to left side
43&44 Full turn shuffle-right, left, right-over the right shoulder
45&46 Step left to left side, close right beside left, step left to left side
47-48 Rock forward onto right across in front of left, rock back onto left

ROLLING VINE RIGHT, LEFT HEEL OUT, VAUDEVILLE HOPS TWICE

49-52 Step ¼ turn right on right foot, pivot ¼ turn right on right, step left to left side, pivot ½ turn right on left foot, step right to right side, touch left heel out diagonally in front
&53 Step left in place, step right in place
&54 Step left in place, touch right heel out diagonally right
&55 Step right in place, step left in place
&56 Step right in place, touch left heel out diagonally left

ROLLING VINE LEFT, EXTRA ¼ TURN, RIGHT HEEL OUT, VAUDEVILLE HOPS TWICE

57-60 Step ¼ turn left on left foot, pivot ¼ turn left on left, step right to right side, pivot ¾ turn left on right foot, step left to left side, touch right heel out diagonally in front
&61 Step right in place, step left in place
&62 Step right in place, touch left heel out diagonally left
&63 Step left in place, step right in place
&64 Step left in place, touch right heel out diagonally right

REPEAT
