

# Believe It Or Not

拍數: 36      牆數: 4      級數: Improver  
編舞者: Michael Vera-Lobos (AUS)  
音樂: Believe It Or Not (Greatest American Hero Theme) - Joey Scarbury



## SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD

1&2      Shuffle forward right stepping right, left, right  
3-4      Rock forward on left, rock back on right foot  
5&6      Shuffle back on left stepping left, right, left  
7-8      Rock back on right, rock forward on left foot

## SIDE SHUFFLE, ROCK BACK, ROCK FORWARD, CROSS, STEP BACK, ¼ STEP, SCUFF FORWARD

1&2      Side shuffle right stepping right, left, right  
3-4      Rock left behind right, rock forward onto right  
5-6      Cross step left over right, step back on right  
7-8      Turning ¼ left step onto left, scuff right foot forward

## SHUFFLE FORWARD, STEP FORWARD, ½ PIVOT, ½ SHUFFLE, ROCK BACK, ROCK FORWARD

1&2      Shuffle forward right stepping right, left, right  
3-4      Step forward left, pivot ½ right (end weight right)  
5&6      Traveling forward turn a further ½ right as you shuffle left, right, left  
7-8      Rock back on right, rock forward on left

## FORWARD COASTER, BACK COASTER, STEP FORWARD, ½ PIVOT, STEP FORWARD, ¼ PIVOT

1&2      Step forward right & step left beside right, step back on right  
3&4      Step back on left & step right beside left, step forward on left  
5-6      Step forward right, pivot ½ left (end weight on left)  
7-8      Step forward right, pivot ¼ left (end weight on left)

## CROSS SAMBA STEP, CROSS SAMBA ¼ TURN

1&2      Cross step right over left & rock left to left, rock weight center onto right foot  
3&4      Cross step left over right & step right to right, turning ¼ left step onto left foot

## REPEAT

## RESTARTS

On wall 3 dance until count 24 & start dance again

On wall 8 dance until count 16 & start dance again