

# Cos I Believe

拍數: 32                      牆數: 1                      級數: Improver  
編舞者: Sebastiaan Holtland (NL) - December 2007  
音樂: Cos I Believe - Lemon Ice



You start the dance facing 12:00 Intro: 32 count you start at the words Cos I Believe

## **BASIC NIGHTCLUB WITH 1/4 TURN, QUICK QUICK FWD, 1/4 TURN, BASIC NIGHTCLUB WITH 1/4 TURN, CHECK FWD**

- 1-2&3            Step Rf to the right and drag your Lf, rock Lf behind Rf, recover on Rf, step Lf forward with 1/4 turn left (9:00)  
4&5              Step Rf forward, step Lf forward (quick quick motion), step Rf to the right with 1/4 turn left and drag your Lf (6:00)  
6&7              Rock Lf behind Rf, recover on Rf, step Lf forward with 1/4 turn left (3:00)  
8&1              Step Rf forward, step Lf forward (quick quick motion), check Rf forward weight onto Rf (3:00)

## **QUICK QUICK BACK L - R - L, BASIC NIGHTCLUB WITH 1/4 TURN, ROCK & STEP FWD WITH 1/4 TURN, FULL CHANNE TURN**

- 2&3              Step Lf back, step Rf back, step Lf back (quick quick motion), weight onto Lf (3:00)  
4&5              Rock Rf back, Lf recover, step Rf to the right with 1/4 turn left, drag your Lf (12:00)  
6&7              Rock Lf behind Rf, recover on Rf, step Lf forward with 1/4 turn left weight onto Lf (9:00)  
8&                Step Rf forward, step Lf next to Rf turning full left and step forward on Lf (9:00)

## **BASIC NIGHTCLUB, BASIC NIGHTCLUB, BASIC NIGHTCLUB, ROCKING CHAIR FWD, ROCK / RECOVER**

- 1-2&            Step Rf to the right and drag your Lf, rock Lf behind Rf, recover on Lf (9:00)  
3-4&            Step Lf to the left and drag your Rf, rock Rf behind Lf, recover on Lf  
5                Step Rf to the right and drag your Lf weight onto Rf  
6&7              Rock Lf forward, recover on Rf, step Lf back weight onto Lf  
8&                Rock Rf back, recover on Lf weight onto Lf (9:00)

## **BASIC NIGHTCLUB WITH 1/4 TURN, BASIC NIGHTCLUB WITH 1/4 TURN, ROCK AND STEP FWD WITH 1/2 TURN, FULL CHANNE TURN**

- 1-2&            Step Rf to the right with 1/4 turn left and drag your Lf, rock Lf behind Rf, recover on Lf (6:00)  
3-4&5           Step Lf to the left and drag your Rf, rock Rf behind Lf, recover on Lf, step Rf forward with 1/4 turn right weight onto Rf (9:00)  
6&7              Rock Lf forward, recover on Rf, step Lf forward with 1/2 turn left (3:00)  
8&                Step Rf forward, step Lf next to Rf turning full left and step forward on Lf (3:00)

## **START AGAIN AND HAVE FUN**

**Note: At The 5th wall you get a 2 count break:**

**Option: 2 count HOLD.**

**At time in the music: 02:43 through 02:44: Then you start again on the words "Cos I Believe"**