拍數： 32 牆數：4
級數：Improver
編舞者：Sebastiaan Holtland（NL）－February 2011
音樂：Don＇t Believe－Mehrzad Marashi ：（CD：New Life 2010）


Intro： 32 Counts after the vocals（20 Sec）
［1－8］Side Stomp，Behind， $1 / 4$ Turn R，Fwd，Fwd，Behind，Side（Slightly），1／2 Pivot L，Full Turn L（Travelling Fwd）
1－2\＆3 Stomp Rf out to the right，Step Lf behind Rf，making a $1 / 4$ turn to right（3）stepping forward on Rf，stepping forward on Lf weight onto Lf
4\＆Step Rf behind Lf，stepping Lf slightly to the left weight onto Lf
5－6 Step Rf forward，making a $1 / 2$ turn to the left（9）take weight onto Lf
7－8 Making a $1 / 2$ turn to left（3）stepping back on Rf，continue a $1 / 2$ turn to left（9）stepping forward on Lf
［9－16］Diagonally Step Fwd， $1 / 2$ Turn R，Back，Back，Down Up，Back Hip Bumps，Lock Step Fwd
1－2 Step diagonally forward on Rf，making a $1 / 2$ turn to right on diagonally stepping back on Lf
3－4\＆Stepping back on Rf，dip body down，coming up weight onto Rf（Down Up）
5\＆6 Bump hips back，center，bump hips back holding weight onto Rf
7\＆8
Step forward on Lf，lock Rf behind Lf，step forward on Lf weight onto Lf（Lock step Fwd）
［17－24］1／2 Pivot L，1／8 Turn L，Back，Continue a 1／2 Turn L，Side，Fwd Rock／Recover，Side， \＆Cross，Hold
1－2 Step forward on Rf，making a $1 / 2$ turn to left take weight onto Lf
3－4 Making a $1 / 8$ turn to left（6）stepping back onto Rf，continue a $1 / 2$ turn to left（12）step Lf to the left
5－6 Rock forward on Rf，recover on Lf
\＆7－8 Step Rf to the right，cross Lf over Rf weight onto Lf，HOLD（Side，\＆Cross，Hold）（12：00）
［25－32］Side，Behind，Hold，\＆Cross，Side Point，Syncopated Rock Back／Recover，Side，Coaster Step with 1／4 Turn R
\＆1－2 Step Rf to the right，step Lf behind Rf take weight onto both feet，HOLD
（Side，behind，Hold）（12：00）
\＆3－4 Step Rf to the right，cross Lf over Rf，point Rf out to the right holding weight onto Lf
5\＆6 Rock Rf behind Lf，recover on Lf，step Rf to the right weight onto Rf
$7 \& 8 \quad$ Making a $1 / 4$ turn to right（3）step back on Lf，step Rf beside Lf，step forward on Lf weight onto Lf（1／4 coaster step）（3：00）＊＊Tag＊＊
Tag Here WALL 8 after 32 count（Facing 12 o＇clock）
TAG：Check Fwd，Hold，Replace with 1／2 Turn L，Hold
1－2 Check forward on Rf（Bend R knee），HOLD weight onto Rf
3－4 Making a 1／2 turn left on Rf take weight onto Lf，HOLD weight onto Lf
Start again and have fun！
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