

Acredita

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rep Ghazali (SCO) - July 2011
音樂: Acredita (Believe) (Andrea T Mendoza vs. Baba Radio Mix) - Maria : (4:06)



ACREDITA (Believe)

64 count intro (about 30sec), start dancing after the lyrics "one two go! go!....."

[1-8] RIGHT CROSS-SIDE, SAILOR STEP, CROSS-SIDE, SAILOR 3/8 TURN

1-2 cross Right over Left, step Left to Left side
3&4 step Right behind Left, step Left to Left side, step Right to Right side
5-6 cross Left over Right, step Right to Right side
7&8 3/8 turn Left by stepping Left behind Right, step Right to Right side, step forward (7.30)

[9-16] SYNCOPATED ROCKS FORWARD, BACK LOCK STEP, ROCK BACK-RECOVER

1-2 still on the Left diagonal – rock forward Right, recover on Left (7.30)
&3-4 step Right together, rock forward Left, recover on Right (7.30)
5&6 step back Left, lock Right across Left, step back Left (7.30)
7-8 rock back Right, recover on Left (7.30)

[17-24] CROSS-POINT, BALL-1/8 TURN POINT-FLICK, CROSS SHUFFLE, ½ TURN

1-2 cross Right over Left, point Left to Left side (7.30)
&3-4 cross Left over Right, 1/8 turn Left by pointing Right to Right side, flick back on Right (6)
5&6 cross Right over Left, step Left to Left side, cross Right over Left
7-8 ¼ turn Right by stepping back on Left, ¼ turn Right by stepping Right to Right side (12)

[25-32] CROSS-SIDE, CROSS-POINT, FORWARD-FORWARD, SWEEP ½ TURN

1-2 cross Left over Right, step Right to Right side
3-4 cross Left over Right, point Right to Right side Count 1-3: cuban hips
5-6 step forward Right, step slightly forward Left
7-8 keeping weight on Left sweep on Right making ½ turn Left ending with Right touching together (6)

RESTARTS: 1st, 4th and 7th walls

[33-40] HIP BUMPS, STEP-½ PIVOT, SHUFFLE FORWARD

1&2 touch Right forward and hips bump forward, back, forward ending weight on Right
3&4 touch Left forward and hips bump forward, back, forward ending weight on Left
5-6 step forward Right, ½ pivot turn Left (12)
7&8 step forward Right, step Left together, step forward Right

[41-48] SYNCOPATED ROCKS FORWARD, WALKS BACK TOUCH

1-2 rock forward Left, recover on Right
&3-4 step Left together, rock forward Right, recover on Left
5-8 walk back Right, walk back Left, walk back Right, touch Left together

Note: try using your hips with your walks back

[49-56] SIDE-TOG-FORWARD, SWAY-SWAY, SIDE-TOG-FORWARD, STEP-¼ PIVOT

1&2 step Left to Left side, step Right together, step forward Left
3-4 sway Right to Right side, sway Left to Left side
5&6 step Right to Right side, step Left together, step forward Right
7-8 step forward Left, ¼ pivot turn Right (3)

[57-64] CROSS SHUFFLE, ¼ TURN SHUFFLE BACK, ½ TURN-STEP FORWARD, KICK BALL POINT

- 1&2 cross Left over Right, step Right to Right side, cross Left over Right
3&4 ¼ turn Left by stepping back on Right, step Left together, step back Right (12)
5-6 ½ turn Left by stepping forward on Left, step forward Right (6)
7&8 kick Left forward, step back Left, point Right toe to Right side (6)

RESTARTS: 1st, 4th and 7th walls dance up to count 32 and restarts from 6, 12 and 6 o'clock wall respectively

ENDING: 9th wall – dance up to count 30 then add: cross Right over Left, unwind full turn Left.
