

BELIEVE IT OR NOT

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Tara Henton

Music: I Believe In You by Don Williams

The count of this dance is in compound meter, which means the beats are actually subdivided into 3 parts (1&a, 2&a, etc.) rather than two. It is not a waltz, because there are four beats in each measure of music. With the exception of the last 4 counts, the steps are all danced on the first and third subdivisions of each beat. As a result of this, you should feel a 'long, long, short, long...' type pattern as you dance it

SIDE ROCK, CHASSE $\frac{1}{4}$ TURN RIGHT, SCUFF, STEP WITH A $\frac{1}{4}$ TURN RIGHT AND TOUCH, SCUFF, CHASSE RIGHT

1-2a3Rock out on left to left side, recover weight onto right, step left together, making a $\frac{1}{4}$ turn right step right forward (3:00)

4a5Scuff left forward next to right, making another $\frac{1}{4}$ turn right step left to the side, touch right next to left (6:00)

6-7a8Scuff right forward and around to the right, chasse to the right stepping right, left, right

CROSS UNWIND $\frac{3}{4}$ TURN RIGHT, SHUFFLE, ROCK FORWARD, RECOVER, CLOSE, ROCK BACK, RECOVER, STEP PIVOT $\frac{1}{2}$ TURN RIGHT, STEP $\frac{1}{4}$ TURN RIGHT

1-2a3Cross left over right and unwind a $\frac{3}{4}$ turn right taking weight on left foot, shuffle forward right, left, rock forward on right (3:00)

4a5Recover weight onto left, step together with right, rock back on left

6-7a8Recover weight onto right, step left forward, pivot $\frac{1}{2}$ turn right taking weight on right, making $\frac{1}{4}$ turn right step left to the side (finishing at 12:00)

ROCK, STEP, CLOSE, ROCK, STEP, STEP PIVOT $\frac{1}{2}$ TURN RIGHT, STEP, $\frac{3}{4}$ TURN RIGHT, RECOVER

1-2a3-4Rock out on right to right side, recover weight onto left, step right together, rock out on left to left side, recover weight onto right

5-6a7-8 Step forward on left pivoting a $\frac{1}{2}$ turn right, step down on right in place, making $\frac{1}{2}$ turn right step back on left, making a $\frac{1}{4}$ turn right step right to the side, recover weight onto left (finishing at 3:00)

Easy option to replace $\frac{3}{4}$ turn:

5-6a7-8 Step forward on left pivoting a $\frac{1}{2}$ turn right, step down on right in place, step left together, step right forward pivoting a $\frac{1}{4}$ turn left, step on left in place

CLOSE, CROSS ROCK, RECOVER, CLOSE, CROSS ROCK, RECOVER, SWAY RIGHT, SWAY LEFT WITH A $\frac{1}{2}$ TURN LEFT, SWAY RIGHT, CHASSE LEFT

a1-2 Step right next to left, cross rock left over right, recover weight onto right

a3-4 Step left next to right, cross rock right over left, recover weight onto left

5&a-6&a Sway to the right side taking weight on right, rise up on toes, lower heels taking weight on right foot; sway to the left taking weight on left, rise up left toe making a $\frac{1}{2}$ turn left (to 9:00) while lifting right knee slightly, lower heels taking weight on left

7&a-8a Step right to right side and sway, rise up on toes, lower heels taking weight on right foot; chasse to the left stepping left, right (optional full turn left on the chasse)

REPEAT