



If You Believe

Count: 32 - Wall: 2 - Level: Easy Intermediate – **TAG 1 – end of Wall 2 – (12:00)**
TAG 2 – end of Wall 5 – (6:00)

Choreo: Gary O'Reilly (IRE) - April 2023

Music: If You Believe - Strive to Be & Patch Crowe : (iTunes, amazon, Spotify)

Intro: **20 count - (dance starts on the lyric “defeated”)**

Sec1: WALK R/L, ROCKING CHAIR, STEP FWD, TOUCH, BACK LOCK BACK

1-2 Walk forward R (1), walk forward L (2)

3&4& Rock forward on R (3), recover on L (&), rock back on R (4), recover on L (&)

5 6 Step forward on R (5), touch L behind R (6)

7&8 Step back on L (7), cross R over L (&), step back on L (8)

Sec2: CHASSE 1/2 R TURN, STEP 1/2 R TURN , STEP, R DOROTHY, L DOROTHY

1&2 1/4 R stepping R to R side (1), step L next to R (&),

1/4 R stepping forward on R (2)

(6:00)

3&4 Step forward on L (3), pivot 1/2 R (&), step forward on L (4)

(12:00)

5-6& Step fwd on R, drag L behind R (5), lock L behind R (6), step fwd on R (&)

7-8& Step fwd on L, drag R behind L (7), lock R behind L (8), step fwd on L (&)

Sec3: SIDE ROCK, & SIDE, TWIST, TWIST, BACK ROCK SIDE, SAILOR 1/4 L TURN, HEEL

1-2 Rock R to R side (1), recover on L (2)

&3 Step R next to L (&), step L to L side turning L toe out to L
in preparation for swivels (3)

&4 Swivel both heels L (&), swivel both toes L to face front (weight ends on L) (4)

5&6 Rock R behind L (5), recover on L (&), step R to R side (6)

7&8 Cross L behind L (7), 1/4 L stepping R to R side (&),

tap L heel to L diagonal (8)

(9:00)

Sec4: & CROSS, BACK SIDE CROSS, CHASSE SIDE ROCK, BEHIND TURN 1/4 L TOUCH

&1 Step L in place (&), cross R over L (1)

2&3 Step back on L (2), step R to R side (&), cross L over R (3)

4& Step R to R side (4), step L next to R (&)

5-6 Rock R to R side (5), recover on L (6)

7&8 Cross R behind L (7), 1/4 L stepping forward on L (&),

touch R next to L (8)

(6:00)

TAG 1* & TAG 2**

***TAG 1: At the end of Wall 2 facing (12:00)**

WALK FWD R/L, MAMBO FWD, WALK BACK, WALK BACK, COASTER STEP

1-2 Walk forward on R (1), walk forward on L (2)

3&4 Rock forward on R (3), recover on L (&), step back on R (4)

5-6 Walk back on L (5), walk back on R (6)

7&8 Step back on L (7), step R next to L (&), step forward on L (8)

Then restart the dance from the beginning

****TAG 2: At the end of Wall 5 facing (6:00)**

OUT, OUT, BACK, L COASTER HEEL, HOLD, HOLD, &

1 2 3 Step fwd and diagonally out R (1), step fwd and diagonally out L (2),
step back on R (3)

4&5 Step back on L (4), step R next to L (&), tap L heel forward (5)

6-7 HOLD (6), HOLD (7)

& Step L next to R (&)

Dance restarts as the artist sings "BE(&)LIEVE (1)"

***it takes a little bit of practice but you'll get it....**

**ENDING: Dance 16 counts of Wall 7, finish the dance facing (12:00)
by stomping R to R side (12:00).**

Quelle: <https://www.copperknob.co.uk>

26.07.2023