

## Believe It Or Not

32 count, 4 wall, intermediate level

Choreographer: Tara Henton (UK) April 2004

Choreographed to: I Believe In You by Don Williams,  
The Best of Don Williams (79 bpm)

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Start with the lyrics, on the word 'don't'.

Note about the counting:

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 ¼ TURN RIGHT, SCUFF, STEP WITH A ¼ TURN RIGHT AND TOUCH, SCUFF, CHASSE RIGHT**

1, 2 a 3 Rock out on L to left side, recover weight onto R, step L together, making a ¼ turn right step R forward (3:00)

4 a 5 Scuff L forward next to R, making another ¼ turn right step L to the side, touch R next to L (6:00)

6, 7 a 8 Scuff R forward and around to the right, chasse to the right stepping R, L, R

### **CROSS UNWIND ¾ TURN RIGHT, SHUFFLE, ROCK FORWARD, RECOVER, CLOSE, ROCK BACK, RECOVER, STEP PIVOT ½ TURN RIGHT, STEP ¼ TURN RIGHT**

1, 2 a 3 Cross L over R and unwind a ¾ turn right taking weight on L foot, shuffle forward R, L, rock forward on R (3:00)

4 a 5 Recover weight onto L, step together with R, rock back on L,

6, 7 a 8 Recover weight onto R, step L forward, pivot ½ turn right taking weight on R, making ¼ turn right step L to the side (finishing at 12:00)

### **ROCK, STEP, CLOSE, ROCK, STEP, STEP PIVOT ½ TURN RIGHT, STEP, ¾ TURN R, RECOVER**

1, 2 a 3, 4 Rock out on R to right side, recover weight onto L, step R together, rock out on L to left side, recover weight onto R

5, 6 a 7, 8 Step forward on L pivoting a ½ turn right, step down on R in place, making ½ turn right step back on L, making a ¼ turn right step R to the side, recover weight onto L (finishing at 3:00)

Easy option to replace ¾ turn:

5, 6 a 7, 8 Step forward on L pivoting a ½ turn right, step down on R in place, step L together, step R forward pivoting a ¼ turn left, step on L in place

### **CLOSE, CROSS ROCK, RECOVER, CLOSE, CROSS ROCK, RECOVER, SWAY RIGHT, SWAY LEFT WITH A ½ TURN LEFT, SWAY RIGHT, CHASSE LEFT**

a 1, 2 Step R next to L, Cross rock L over R, recover weight onto R

a 3, 4 Step L next to R, cross rock R over L, recover weight onto L

5&a, 6&a Sway to the right side taking weight on R, rise up on toes, lower heels taking weight on R foot; sway to the left taking weight on L, rise up L toe making a ½ turn left (to 9:00) while lifting R knee slightly, lower heels taking weight on L

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