

## Trust Myself (aka Funky Soul Cha)

64 Count, 4 Wall, Intermediate

Choreographer: Winnie Yu (Dancepooh) (Canada)

March 2012

Choreographed to: Believe In Yourself by Sally, Alex;

Love Will Never Do (Without You) by Janet Jackson

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Start on lyrics

Start on lyrics for Janet Jackson (Use this music track , with one restart @ Wall 2 [3:00] after count 28 add 2 count walk R,L forward)

**Sec. 1: DIAGONAL STEP TOUCH X 4, ROCK STEP, RECOVER, SHUFFLE ½ R**

1&2& Step right forward to right diagonal, drag left touch besides right, step left back to left diagonal, drag right touch besides left

3&4& Step right backward to right diagonal, drag left touch besides right, step left forward to left diagonal, drag right touch besides left

5-6-7&8 Rock right forward, recover onto left, step right to right side & make a ¼ right, step left beside right, step right forward and make a ¼ right (6:00)

**Sec. 2: DIAGONAL STEP TOUCH X4, ROCK STEP, RECOVER, SHUFFLE ½ L**

1&2& Step left forward to left diagonal, drag right touch besides left, step right back to right diagonal, drag left touch besides right

3&4& Step left backward to left diagonal, drag right touch besides left, step right forward to right diagonal, drag left touch beside right

5-6-7&8 Rock left forward, recover onto right, step left to left side & make a ¼ left, step right beside left, step left forward and make a ¼ left (12:00)

**Sec. 3: FWD, PIVOT ¼ R, CROSS, RIGHT & LEFT TAP TAP Step FWD X 2**

1-2-3-4 Step right forward, step left forward, pivot ¼ right, cross left over right (3:00)

5&6 Tap right next to left, tap further forward, step right forward to right diagonal (Option: right side mambo)

7&8 Repeat – count 5&6, step left forward to left diagonal - (Option: left side mambo)

**Sec. 4: FWD, MAMBO ½ L, FWD, RIGHT & LEFT KICK BALL TOUCH SIDE X 2**

1-2-3-4 Step right forward, rock left forward, recover on right, step left forward and make a ½ left (9:00)

**\*\* Alter. Music Restart @ Wall 2 :** add 2 count - step right & left forward

5&6 Kick right forward, step right next to left, touch left to left side

7&8 Kick left forward, step left next to right, touch right to right side

**Sec. 5: SIDE, CROSS, SIDE, CROSS, SIDE ROCK, RECOVER, WEAVE LEFT**

1-2-3-4 Step right to side (straighten knees), cross left over right (both knees bent w/option: look left) X 2

5-6 7&8 Rock right to right side, recover onto left, cross right behind left, step left to left side, Cross right over left

**Sec. 6: SIDE, CROSS, SIDE, CROSS, SIDE BODY ROLL (1/8 R), SHOULDERS POPS UP & DOWN**

1-2-3-4 Step left to side (straighten knees), cross right over left (both knees bent w/option: look right) X 2,

5-6 Touch left to left side, side body roll (Sit and weight on left) and make 1/8 right (10:30)

\* Restart at Wall 3

7&8& Shoulders pops X 4

**Sec. 7: BUMP HIPS FORWARD X 2, STEP PIVOT ½ LEFT, RIGHT KICK-BALL-CHANGE**

1&2 Touch right forward with bump hip, recover onto left, step Right forward,

3&4 Repeat 1&2 on left (10:30)

5-6-7&8 Step right forward, pivot ½ left, kick right forward, step right beside left, step left forward (4:30)

**Sec. 8: JAZZ BOX 1/8 R, (STEP, TOUCH WITH SWING HIPS) X2**

1-2-3-4 Cross right over left, step left back and a 1/8 right, step right to right side, step left forward (6:00)

5-6-7-8 Step right to right side as you roll your hips counter clockwise, touch L forward to the L diagonal Step left to left side as you roll your hips clockwise, touch R forward to the R diagonal

\*This dance is dedicated to Pooh's Team Hong Kong Region Instructor – Maria Miu & her students.

Choreographer Note: For Soul feeling style, ALL toe touches lightly lift up & off the floor .

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