**Believe Me**

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RECORD: STAR-198 Flip: “Crying” (They Didn’t Believe Me - Contact choreographer or Palomino Records)

FOOTWORK: Lady opposite (except as noted)

RHYTHM: Foxtrot  
PHASE: VI  
SPEED: 44 + RPM  
SEQUENCE: Intro, A, A, B, C, End  
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**INTRO**

1 – 4  
**WAIT ; OPN CONTRA CK, REC, BK ; FEATHER FINISH ; HOVER TELE (SCP) ;**

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[M’s L, W’s R ft free] Wait in OP fcg DRW w/R-R hnd hld [free arms folded across chest];

SQQ  
{Open Contra Check, Recover, Back} Fwd L CBMP sweep L arm up & bk, -, rec R, bk L retracting jnd hnds (Bk R CBMP sweep L arm up & bk, -, rec L, fwd R);

SQQ  
{Feather Finish} Bk R blnd CP, -, sd & fwd L, fwd R twd LOD (Fwd L [in-line], -, fwd & sd R, bk L CBJO);

SQQ  
{Hover Telemark} Fwd L, -, fwd & sd R w/slight RF trn, sd & fwd L SCP DLC;

**A SEQ**

1 – 4  
**FEATHER ; OPEN TELEMARK ; NATURAL WEAVE ;**

SQQ  
{Feather} Thru R, -, fwd L CBM, fwd R CBJO DLC (Thru L, -, sd & bk R, bk L CBJO);

SQQ  
{Open Telemark} Fwd L, -, fwd & sd R, sd & fwd L SCP DLW (Bk R CBM, -, heel trn LF on R as cl L to R, sd & fwd R);

SQQ:QQQQ  
{Natural Weave} Fwd R trng RF, -, sd L CP fcc DRW, sd & bk R [R sd leading]; bk L CBMP BJO, bk R CP, sd & fwd L, fwd R CBMP BJO DLW (Fwd L, -, fwd R w/slt rise, sd & fwd L [L sd leading]; fwd R CBMP, fwd L CP, sd & bk R, bk L CBMP);

5 – 8  
**REVERSE WAVE ; ; TIPPLE CHASSE & PVT ; OPEN IMPETUS ;**

SQQ:SQ  
{Reverse Wave} Fwd L, -, sd R cont trn, bk L; bk R trng LF, -, bk L cont trn, bk R (Bk R trn LF, -, heel trn LF on R as cl L to R, fwd R; fwd L trng LF, -, fwd R cont trn, fwd L);

SQQ  
{Tipple Chasse Pivot} Bk L, sd R [sml stp w/R sway - head R], cl L, fwd R btw W’s feet/pivot RF (Fwd R, sd L [sml stp w/L sway - head L], cl R, sd & bk L/pivot RF);

SQQ  
{Open Impetus} Bk L, -, heel trn on L as cl R, sd & fwd L SCP DLC (Fwd R, -, sd & fwd L, sd & fwd R);

9 – 12  
**FTHR ; OK FALLWY REV & SLP ; CNTRA CK REC SCP DLW ; CRV’D FEATHER ;**

SQQ  
{Feather} Thru R, -, fwd L CBM, fwd R CBJO DLC (Thru L, -, sd & bk R, bk L CBJO);

QQQQ  
{Quick Fallaway Reverse & Slip Pivot} Fwd L, sd & bk R SCP, bk L under bdy still in SCP, swvl on L to pull R bk pvtng LF [depress into R] fcc DLW (Bk R, sd & bk L SCP, bk R under bdy still in SCP, svnl on R to slip L fvd pvtng LF);

SQQ  
{Contra Check, Recover, SCP} Still down - check fwd L CBMP, -, rec R, sd & fwd L SCP DLW (Depress on L as check bk R CBMP, -, rec L, sd & fwd R SCP);

SQQ  
{Curved Feather} Thru R trng RF, -, fwd & sd L trng RF, ck fwd R CBJO DRW (Thru L, -, sd R [sml step] trng RF, ck bk L CBJO);

13 – 16  
**BK CRV’D FTHR ; CRV’D FTHR ; Sync BK RUN ; OTSD CHG (SCP *) ;**

SQQ  
{Back Curved Feather} Bk L CBJO trng RF, -, bk & sd R [small step] CBJO trng RF, ck bk L CBJO fcc near DLC (Fwd R trng RF, -, fwd & sd L trng RF, ck fwd R CBJO DRW);

SQQ  
{Curved Feather} Fwd R CBJO trng RF, -, fwd & sd L CBJO trng RF, ck fwd R CBJO DRW (Fwd L, -, sd R [small step] trng RF, ck bk L CBJO);

SQQ  
{Sync Back Run} Bk L w/R sd lead, -, bk R/bk L, bk R (Fwd R, -, fwd L/fwd R, fwd L);

SQQ  
{Outside Change} Bk L, -, bk R trng LF, sd & fwd R SCP (Fwd R, -, L, R);

Note: * 1st time thru A SEQ Over Turn to DLC - 2nd time thru A SEQ exit DLW
BELIEVE ME 2 OF 3

REPEAT A SEQ

B SEQ

1 – 5 NATRL WEAVE ; ; REV WAVE ; & BK to SLOW THROWAWAY (4 Slows) ; ;
SQQ;QQQQ [Natural Weave] Fwd R trng RF, -, sd L CP feg DRW, sd & bk R [R sd leading]; bk L CBMP BJO, bk R CP, sd & fwd L, fwd R CBMP BJO twd LOD (Fwd L, -, fwd R w/slt rise, sd & fwd L [L sd leading]; fwd R CBMP, fwd L CP, sd & bk R, bk L CBMP);
SQQ;SS;SS [Reverse Wave & Back to Slow Throwaway Oversway] Fwd L, -, fwd & sd R trng LF, bk L DLW; bk R CBMP, -, sd L turning LF [L toe ptg DLW], -, keep feet inplc as flex L knee trng hips to L [R ft ptg DRC - head R], -, (Bk R CBMP, -, heel trn LF on R as cl L to R, fwd R; fwd L CBMP, -, fwd R [swivel] LF feg COH, -, and flex R knee as press L toe bk twd DLW [head well L], *, -);

6 – 8 LINK to SCP ; OPN NATURAL ; OTSD SWVL & WHIPLASH ;
SQQ [Link to SCP] Rec R [stay low], -, in CP rise on R [trng body RF brushing L to R], sd & fwd L SCP (Fwd L, -, as rise on L trng RF brush R to L, sd & fwd R);
SQQ [Open Natural Turn] Thru R, -, fwd & sd L, bk R w/R sd lead (Thru L, -, fwd R, fwd L);
SQQ [Outside Swivel & Whiplash] Bk L CBJO, ld W to swivel RF by trn bdy RF, rec R trng W to CP, pt L sd & fwd w/R sway & R head (Fwd R, swivel RF, fwd L trng qkly to CP, as point R to sd & bk w/L sway & L head);

9 – 12 QK PREP to SM FT LUNGE & CHG SWAY ; ; QK WEAVE w/TUMBLE END ; ;
QQS;SS [Quick Preparation to Same Foot Lunge] Bk L, trng bdy RF pt R twd LOD w/L sway, sd & fwd R, -; develop R sway [head R], -, [Change Sway] Retain wt (on R feet) as trn bdy to end in compact SCP DRC, -; (Fwd R trng to CP, sd L [small step] w/R sway, sd & bk R with L sway [head L], -, -, [sway change],-);
&QQQ;Q&Q [Quick Weave w/Tumble End] Moving twd L ft trng body LF pickup Lady /fwd L [sml stp w/Hover action], sd R, bk L CBJO, bk R CP; sd & fwd L/fwd R CBJO with rise on R trn strongly LF, slip L fwd to ck feg DRC , , (Rec L trng LF/sd & bk R, sd L, fwd R CBJO, Fwd L CP; sd R/bk L CBJO with rise on L trn LF, slip L bk to ck,) , , [counting&1,2,3,4,5&6]

13 – 16 BK to a HINGE (4 Slows) ; ; PIVOTS to HAIRPIN ; ; OTSD CHG (SCP) ;
S;SS;S [Slow Hinge] Bk R, -, sd & bk L [small step w/body rise trng LF to lead W twd L sd], -, flex L knee trng hips to L shape to R, -; - (Fwd L, -, fwd & sd R trng LF, -, cont trng LF as place L toe under body, -, & lwr to heel ptg R fwd [head well L], -, -);
&QQ;SQ [Natural Pivots to Hairpin] P/U W to CP DRW/fwd R pvtn 1/4 RF, bk L pvtn RF CP LOD; fwd R trng RF, -, fwd L cont RF trn, check fwd R to CBJO feg DRW (Fwd R trng LF CP/bk L pvtn RF, fwd R pvtn RF; bk L trng RF, -, bk R trng RF, XLIB as check in CBJO feg DRC);
SQQ [Outside Change] Bk L, -, bk R trng LF, sd & fwd R SCP DLW (Fwd R, -, L, sd & fwd R);

REPEAT B SEQ
1 – 4  FEATHER ; CHECKED REV & SLIP ; CURVED FEATHER ; BACK FEATHER ;

SQQ {Feather} Fwd R, -, fwd L CBM, fwd R CBJO twd DLC (Bk L, -, bk R, bk L CBJO);
SQQ {Checked Reverse & Slip Pivot} Fwd L, -, sd & fwd R w/strong LF body trn checking motion, rec L trng RF (Bk R, -, sd & bk L [small step] w/strong LF body turn, rec R trng RF);
SQQ {Curved Feather} Fwd R trng RF, -, fwd & sd L CBJO trng RF, ck fwd R RLOD (Fwd L, -, sd R [small step] trng RF, ck bk L CBJO);
SQQ {Back Feather} Bk L w/R sd ld, -, sd & bk R CBM, XLIB CBMP (Fwd R CBJO, -, fwd L, XRIF);

5 – 8  FEATHER FINISH ; FWD to R LUNGE ROLL & SLIP ; ; THREE STEP;

SQQ {Feather Finish} Bk R trng LF, sd & fwd L, fwd R CBMP BJO (Fwd L trng LF, sd & bk R, bk L CBMP);
SS;SQQ {Forward to Right Lunge-Roll & Slip} Depress into R as fwd L trng LF, -, w/L sway lunge sd R thenchg to R sway w/slt RF bdy roll, -; comm. to rise R as roll body LF, -, rec L, bk R trng LF to CP fgc DLW (Depress into L as bk R trng LF, -, w/R sway lunge sd L thenchg to L sway as cont. slt RF bdy roll, -; comm. to rise R as roll body LF, -, rec R, slip L fwd trng LF);

SS;SS {Three Step} Fwd L DLW, -, fwd R, fwd L (Bk R, L, R);

9 – 13  NATRL HOVER CROSS ; ; OPN TELE ; THRU to SLOW HOVER CORTE (4 Slows) ; ;

SQQ;QQQQ {Natural Hover Cross} Fwd R, -, fwd & sd L trng RF, cont RF trn sd R [slight SCAR] twd DLW; XLIB CBMP SCAR, rec R, sd & fwd L, fwd R CBMP BJO DLC (Bk L, -, heel trn on L as cl R, cont RF trn sd L; XLIB SCAR, rec L, sd R [small step], bk L CBMP BJO);
SQQ {Open Telemark} Fwd L, -, fwd & sd R, sd & fwd L SCP DLW (Bk R CBM, -, heel trn LF on R as cl L to R, sd & fwd R);
SS;SS {Thru to Slow Hover Corté} Thru R in tight SCP, -, sd L as start to rise, -; cont to rise [hover] as draw R to L slowly trng LF, -, sd & bk R BJO fgc DLW, - (Thru L, -, sd R as start to rise, -; cont to rise slowly trng LF, -, cont to rise as brush L to R then sd & fwd L BJO DRC, -);

14 – 16 OTSD SWIVEL & THRU ; NATRL ZIG ZAG ; DBL REV OVR SPIN (see Option);

SS {Outside Swivel & Thru} Bk L CBMP BJO fgc twd DLC [R ft remains fwd w/o wgt], -, rec R w/L sd lead, - (Fwd R BJO swivel RF [L ft slt bk near R w/o wgt], -, thru L, -);
QQQQ {Natural Zig Zag} Sd L, bk R CBMP SCAR, sd & fwd L, fwd R CBMP BJO DLC (Bk L, -, fwd R, fwd L SCAR, sd R trng LF, bk L BJO);
SQ&Q {Double Reverse Over-Spin} Fwd L, -, fwd & sd R trng LF/cl L to R no wgt, cont. LF trn on R/ trng LF slip L fwd to end fgc DRC (W Bk R, -, heel trn cl L/fwd & sd R, swivel LF on R as XLIB/ trng LF slip R bk);


END

1 – 2  BK to THROWAWAY & EXTND ; ;

SS;SS {Back to Throwaway Oversway} Bk R CBMP, -, sd L turning LF [L toe ptg DLW], -, keep feet inplc as flex L knee trng hips to L [hips forward - R ft ptg twd DRC - head R looking past lady’s head], extend the line, - (Fwd L CBMP, -, fwd & sd R turning LF fgc near COH [L ft passing behind], -, cont trng LF [swivel] on R ft and flex R knee as press L toe bk [head well L], -;