

IF YOU BELIEVE

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MUSIC: CD, The Ultimate Latin Album 9, CD 2, Track 1 (WR2CD-5052) or
Sasha, Greatest Hits, If You Believe, speed + 5%, or BRAVO Hits 24, or Kuschelrock 13
RHYTHM: Rumba Phase V
FOOTWORK: opp., except, where noted TIMING: Q,Q,S except, where noted

SEQUENCE: Intro – A – B – A – B – C – B – End

Intro:

SHDW-Pos bth fcg WALL bth L ft free wait 4 meas;;;;

1-4

5-8

SD WK (check it); BOTH ROLL TO REV; CHASE only W trns & TRANS;;

5 - 6 Sd L, cl R, sd L,-; Sd R comm RF trn, sd L cont RF trn, sd R fin RF trn,- ; fc WALL
7 - 8 Rk fwd L, rec R, bk L,-; (W fwd L comm ½ RF trn , fwd R, fwd L,-;)
Rk bk R, rec L, fwd R,-; (W rk fwd R, rec L, tch R,-;) blend to CP/WALL

Part A:

1-4

CL HIP TWIST; FAN; STOP & GO HOCKEYSTICK;;

1 Rk sd L, rec R, cl L ld W to swvl,-; (W swvl ½ RF bk R, rec swvl ½ LF L, sd R swvl ¼ RF,-;)
2 Bk R, rec L, sd R,-; (W fwd L, fwd R trng ½ LF, bk L to fc RLOD, -;)
3 Ck fwd L, rec R raise L arm to lead W to LF undrm trn, cl L, -; (W cl R, fwd L, fwd R trn ½ LF undr jnd hnds to end at M`s R sd, -;)
4 Ck fwd R with L sd stretch shaping to ptr placing R hnd on W`s L shldr blade, rec L raise L arm to lead W to RF undrm trn, cl R, -; (W ck bk L, rec R, fwd L trng ½ RF undr jnd hnds to end in fan pos fcg M, -;)

5-8

HOCKEYSTICK to R HNDSHK;; FLIRT;;

5 - 6 Rk fwd L, rec R, cl L, -; (W cl R to L, fwd L, fwd R, -;) Bk R, rec L, fwd R, -; (W fwd L, fwd R trng LF to fc ptr, bk L, -;) to R HNDSHK pos
7 - 8 Fwd L, rec R, sd L, -; (W bk R, fwd L , fwd R trn LF to VAR, -;) Bk R, rec L, sd R, -;
(W Bk L, rec R, sd L moving to L IF of M to end in L-VAR, -;) release all hnds and end in L-Shdw fc wall

9-12

SWEETHEART -TWICE;; SWEETHEART W TRN to FC; TRN & TIME;

9 - 10 Ck fwd L w/ R sd ld into contra ck like action, rec R straighten body, sd L, -; (W bk R w/ L sd ld into contra ck like action, rec L straighten body, sd R, -;) end in R shdw
Repeat starting with trail ft end in L shdw ;
11 Ck fwd L w/ R sd ld into contra ck like action, rec R straighten body, sd L, -; (W bk R w/ L sd ld into contra ck like action, rec L trng RF to fc ptr, sd R, -;)
12 XRIF trn ½ LF, rec L cont trn to fc, sd R, -; (W XLIB, rec R, sd L, -;)

13-16

BK BREAK/both SPIRAL; AIDA; SWITCH RK; SPOT TRN;

13-14 Comm LF trn bhd L to OP, rec fwd R, fwd L, spin on L ft approx 7/8 RF (W LF)
leaving R ft in pl w/ slight pressure on toe; Fwd R trng RF, sd L cont RF trn, bk R, -;
15-16 Trng LF to fc ptr sd L ck bringing jnd hnds thru, rec R, sd L, -; XRIF trn ½ LF, rec L cont trn to fc, sd R,-;

Part B:

1-4

ALEMANA OVRTRN to TANDEM/M TRANS w/PT;; SHDW CRAB WK; HIP RK 3;

1-2 Fwd L, rec R, cl L raise jnd ld hnds, -; (W bk R, rec L, sd & fwd R twd M comm RF trn, -;) Bk R ld W to trn RF undr jnd ld hnds, rec L, pt R to sd twd RLOD, -; (W trn ¼ RF undr jnd ld hnds fwd L twd LOD, fwd R cont trn to fc ptr, sd & fwd L cont trn to fc wall, -;) end shdw bth fc wall ld hnds jnd M`s R hnd on W`s R waist
3 XRif of L, sd L, XRif of L, -;

4 Rk sd L, R, L with hip rks, - ;

5-8 SHDW CRAB WK; W ROLL to FAN/M TRANS w/pt; HOCKEY STICK OVRTRN;;

5 Repeat meas 3 Part B;

6 Rk sd L, rec R, leave L ptd to sd hold two beats, -; (W Fwd L trn LF, fwd R cont trn to fc RLOD, bk L, -;)

7-8 Fwd L, rec R, cl L, -; (W cl R, fwd L, fwd R, -;) Bk R, rec L, sd & fwd R, -; (W Fwd L, fwd R trng LF, fwd L to fc DRW, -;)

9-12 W FWD SWVL & DEVELOPE; W ROLL /M TRANS w/pt; CUCARACHA TWICE;;

9 SS(QQS) M's L & W's R hnds jnd rk fwd L lead W to swvl,- bk R, -; (W Fwd R swvl ½ RF, lift L ft up R leg to insd of R knee, extend L ft fwd, -;)

10 Big bk L, bk R, pt L sd & bk, -; (W roll RF full trn L,R,L,- to fc M;) end cuddle pos

11-12 Sd L, rec R, cl L, -; Sd R, rec L, sd R, -; Blend to CP/Wall [last time Part B stay in cuddle pos for ending]

Part C:

1-5 ALEMANA;; 3 CUDDLES;;;

1-2 Fwd L, rec R, cl L, -; (W Bk R, rec L, sd & fwd R comm RF trn, -;) Bk R, rec L, sd R, -; (W Fwd L trn RF undr jnd ld hnds, fwd R trn RF to fc ptr, sd L, -;)

3 In CP rel ld hnds sd L w/ part wgt, rec R, cl L, -; (W swvl ½ RF on L sd R, rec L swvl ½ LF, sd R, -;) end M's arms arnd W's waist & W's hnds on M's shoulders

4 Sd R w/ part wgt, rec L, cl R, -; (W swvl ½ LF on R sd L, rec R swvl ½ RF, sd L, -;)

5 Repeat meas 3 Part C;

6-8 SPOT TRN; LATIN WHISK; THRU FC CL;

6 Repeat meas 16 Part A;

7 XLIB, rec R, sd L, -;

8 Thru R, sd L, cl R, -;

ENDING:

1- DIP BK & TWIST/W LEG CRAWL;

1 In cuddle pos bk L, leave R ft extnd and trn upper body LF and hold pos (W Fwd R, trn upper body LF and lift L leg up along M's outer thigh with toe pointed to floor)

Suggested head cues

Intro: SHDW WALL bth L ft free wait 4 meas;;; Sd wk ck it; both roll to rev; chase only W trns & trans; to CP WALL

Part A: cl hip twist; fan; stop & go hockeystick;; hockeystick to RHND SHK;; flirt;; sweetheart 2x;; sweetheart W trn to fc; turn & time; bk break/both spiral; aida; switch rk; spot trn;

Part B: alemana ovrtrn to tandem/M trans w/pt; shdw crab wk; hip rk 3; shdw crab wk; W roll to fan/M trans w/pt; hockeystick ovrtrn;; W swvl & develope; W roll /M trans w/pt; cucaracha L & R;;

Part C: alemana;; cuddle 3 x;;; spot trn; latin whisk; thru fc cl;

End: dip bk & twist/M leg crawl