

# BELIEVE IT OR NOT

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**Count:** 36

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Michael Vera-Lobos

**Music:** Believe It Or Not (Greatest American Hero Theme) by Joey Scarbury

## SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD

**1&2** Shuffle forward right stepping right, left, right

**3-4** Rock forward on left, rock back on right foot

**5&6** Shuffle back on left stepping left, right, left

**7-8** Rock back on right, rock forward on left foot

## SIDE SHUFFLE, ROCK BACK, ROCK FORWARD, CROSS, STEP BACK, ¼ STEP, SCUFF FORWARD

**1&2** Side shuffle right stepping right, left, right

**3-4** Rock left behind right, rock forward onto right

**5-6** Cross step left over right, step back on right

**7-8** Turning ¼ left step onto left, scuff right foot forward

## SHUFFLE FORWARD, STEP FORWARD, ½ PIVOT, ½ SHUFFLE, ROCK BACK, ROCK FORWARD

**1&2** Shuffle forward right stepping right, left, right

**3-4** Step forward left, pivot ½ right (end weight right)

**5&6** Traveling forward turn a further ½ right as you shuffle left, right, left

**7-8** Rock back on right, rock forward on left

## FORWARD COASTER, BACK COASTER, STEP FORWARD, ½ PIVOT, STEP FORWARD, ¼ PIVOT

**1&2** Step forward right & step left beside right, step back on right

**3&4** Step back on left & step right beside left, step forward on left

**5-6** Step forward right, pivot ½ left (end weight on left)

**7-8** Step forward right, pivot ¼ left (end weight on left)

## **CROSS SAMBA STEP, CROSS SAMBA ¼ TURN**

**1&2** Cross step right over left & rock left to left, rock weight center onto right foot

**3&4** Cross step left over right & step right to right, turning ¼ left step onto left foot

### **REPEAT**

### **RESTARTS**

**On wall 3 dance until count 24 & start dance again**

**On wall 8 dance until count 16 & start dance again**