

# Believe Me



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**RECORD** : STAR-198 Flip: "Crying" (They Didn't Believe Me - Contact choreographer  
**FOOTWORK** : Lady opposite (except as noted) or Palomino Records)

**RHYTHM** : Foxtrot

**PHASE: VI**

**SPEED: 44 + RPM**

**SEQUENCE** : Intro, A, A, B, B, C, End

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## INTRO

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

---- [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 fcg 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;SQQ {**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&Q {**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 FTNR ; QK 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] fcg DLW (Bk R, sd & bk L SCP, bk R under bdy still in SCP, swvl on R to slip L fwd 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 [small step] trng RF, ck bk L CBJO);

### 13 - 16 BK CRV'D FTNR ; CRV'D FTNR ; 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 fcg 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&Q {**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:** \* 1<sup>st</sup> time thru A SEQ Over Turn to DLC - 2<sup>nd</sup> time thru A SEQ exit DLW

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 fcg 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 fcg 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],-);  
&QQQQ;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 fcg 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;SQQ {**Natural Pivots to Hairpin**} P/U W to CP DRW/fwd R pvtng 1/4 RF, bk L pvtng RF CP LOD; fwd R trng RF, -, fwd L cont RF trn, check fwd R to CBJO fcg DRW (Fwd R trng LF CP/bk L pvtng RF, fwd R pvtng RF; bk L trng RF, -, bk R trng RF, XLIB as check in CBJO fcg DRC);  
SQQ {**Outside Change**} Bk L, -, bk R trng LF, sd & fwd R SCP DLW (Fwd R, -, L, sd & fwd R);

REPEAT B SEQ

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### C 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 then chg to R sway w/slt RF bdy roll, -; comm. to rise on R as roll body LF, -, rec L, bk R trng LF to CP fcg DLW (Depress into L as bk R trng LF, -, w/R sway lunge sd L then chg to L sway as cont. slt RF bdy roll, -; comm. to rise on L as roll body LF, -, rec R, slip L fwd trng LF);
- SQQ {**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; XLIF 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; XRIB 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 fcg 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 fcg 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 (Sd & 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 fcg DRC (W Bk R, -, heel trn cl L/fwd & sd R, swivel LF on R as XLIF/ trng LF slip R bk);

**OPTION:** Dance three steps of a Reverse Wave [SQQ] instead of the Double Rev. Over-Spin.

### 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 fcg 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], -);