

I Don't Believe You

Count: 96

Wall: 4

Level: Phrased Advanced smooth

Choreographer: Niels Poulsen (Denmark) Dec 2011

Music: I Don't Believe You by Pink. (BPM: 96 bpm)

Intro: 8 counts from first guitar riff (app. 5 secs into track). Weight on L.

Sequence: Intro, A, B, B, A, B, B, Tag 1, A, Tag 2, B, B, 8 counts of B

Notes:

(1) This dance is ALL about hitting the lyrics/beats in the music!

In part A, from counts 33-64 counts 2 + 6 are strong. Try to speed up counts 2 + 6 thus accenting those beats.

In part B it's mostly about hitting the lyrics. Listen to the music. Feel it, and try to make your steps and moves hit the accents. GOOD LUCK!!!

A Section

[1 – 8] Fw R, L mambo sweep, behind, ¼ L, step ¼ cross, ¼ R

1, 2&3 Step R fw R (1), rock L fw (2), recover back on R (&), step back on L sweeping R to R side (3) 12:00
4 – 5 Cross step R behind L (4), turn ¼ L stepping fw on L (5) 9:00
6&7 Step fw on R (6), turn ¼ L stepping onto L (&), cross R over L (7) 6:00
8 Turn ¼ R stepping back on L (8) 9:00

[9 – 16] ½ R, ¼ R with sweep, cross L over R, R side rock, cross R over L, ¼ R, ¼ R

1 – 3 Turn ½ R stepping fw on R (1), turn ¼ R on R foot sweeping L fw (2), cross L over R (3) 6:00
4 – 5 Rock R to R side (4), recover weight to L (5) 6:00
6 – 8 Cross R over L (6), turn ¼ R stepping back on L (7), turn ¼ R stepping R to R side (8) 12:00

[17 – 24] L point and prep, L rolling vine, R jazz box, ½ shuffle R, ¼ R

&1 Point L to L side (&), twist/prep your upper-body a little to the R side (1) 12:00
2&3 Turn ¼ L stepping L fw (2), turn ½ L stepping R back (&), turn ¼ L stepping L to L side (3) 12:00
4 – 5 Cross R over L (4), step back on L (5) 12:00
6&7 Turn ¼ R stepping R to R side (6), step L next to R (&), turn ¼ R stepping fw on R (7) 6:00
8 Turn ¼ R stepping back on L (8) 9:00

[25 – 32] ¼ R, cross L over R, R side rock, cross R over L, ¼ R, R back rock

1 – 2 Turn ¼ R stepping R to R side (1), cross L over R (2) 12:00
3 – 4 Rock R to R side (3), recover weight to L (4) 12:00
5 – 6 Cross R over L (5), turn ¼ R stepping back on L (6) 3:00
7 – 8 Rock back on R (7), recover weight fw onto L (8) 3:00

[33 – 40] Step ½ L, full turn L, step ¼ L, cross R over L, ¼ R

1 – 2 Step fw on R (1), turn ½ L stepping onto L (2) 9:00
3 – 4 Turn ½ L stepping back on R (3), turn another ½ L stepping fw on L (4) 9:00
5 – 6 Step fw on R (5), turn ¼ L stepping onto L (6) 6:00
7 – 8 Cross R over L (7), turn ¼ R stepping back on L (8) 9:00

[41 – 48] ¼ R into R side rock, R back rock, ½ Monterey R, L sweep, cross L over R

- 1 – 2 Turn ¼ R rocking R to R side (1), recover weight to L (2) 12:00
3 – 4 Rock back on R (3), recover weight fw onto L (4) 12:00
5 – 6 Point R to R side (5), step down on R and start turning ½ R on R (6) 3:00
7 – 8 Finish ½ R sweeping L fw (7), cross L over R (8) 6:00

[49 – 56] Side R, L back rock, side L, R back rock, rock fw R

- 1 – 3 Step R to R side (1), rock back on L (2), recover weight fw onto R (3) 6:00
4 – 6 Step L to L side (4), rock back on R (5), recover weight fw onto L (6) 6:00
7 – 8 Rock fw on R (7), recover weight back on L (8) 6:00

[57 – 64] Sweep R, touch behind, full unwind R, sweep, behind, side

- 1 – 2 Sweep R to R side (1), sweep R behind L (2) 6:00
3 – 4& Touch R behind L (3), start unwinding full turn R on R (4), finish turn changing weight to L (&) 6:00
5 – 6 Sweep R out to R side (5), sweep R behind L (6) 6:00
7 – 8 Cross R behind L (7), step L to L side (8) 6:00

B SECTION

[1 – 8] Cross rock, ¼ R, full turn R, ¾ pirouette, step fw L You face

- 1 – 2 Cross rock R over L (1), recover weight back on L (2) 6:00
3 – 5 Turn ¼ R stepping fw on R (3), turn ½ R stepping back on L (4), turn ½ R stepping fw on R (5) 9:00
6 – 7 Lift L foot next to R calf and start turning ¾ R on R (6), finish turn (7) (hit word 'Belieeeeeve') 6:00
8 Step fw on L (8) 6:00

[9 – 16] Step ¼ cross, side L, drag, behind side, cross rock, side R

- 1 – 2 Step fw on R (1), turn ¼ L stepping onto L (2) 3:00
3 – 4& Cross R over L (3) step L to L side (4), start dragging R behind L (no weight) (&) 3:00
5 – 6 Cross R behind L (5), Step L to L side (6) 3:00
7 – 8& Cross rock R over L (7), recover weight back to L (8), step R to R side (&) 3:00

Note Counts 9 – 18: hit Pink's lyrics When you say don't come around here no more:

When (1), you (2), say (3), don't (4&), come (5), a (6), round (7), here (8), no (&), more (1-2)

[17 – 24] Cross and sweep, cross, ¼ R, R point back, ½ R, turn ½ R with sweep, sweep

- 1 – 2 Cross L over R and start sweeping R fw (1), finish R sweep fw (2) 3:00
3 – 4 Cross R over L (3), turn ¼ R stepping back on L (4) 6:00
5 – 6 Slide and point R backwards (5), turn ½ R stepping fw on R (6) 12:00
7 – 8 Turn ½ R on R stepping L next to R starting a R sweep to R side (7), sweep R behind L (8) 6:00

[25 – 32] R sailor step, cross, side, L sailor ¼ L

- 1 – 3 Cross R behind L (1), step L to L side (2), step R to R side (3) 6:00
4 – 5 Cross L over R (4), step R to R side (5) 6:00
6 – 8 Cross L behind R (6), turn ¼ L stepping onto R (7), step fw on L (8) 3:00

Begin again! And ... GOOD LUCK hitting the lyrics!!!

Ending Do the first 8 counts of B and you will automatically end facing 12:00

Extras: 2 tags...

Tag 1: After your 4th B you have an 8 count tag, facing 12:00. Do the first 5 counts of A, then do this:

6&7 Step fw on R (6), turn $\frac{1}{2}$ L stepping onto L (&), turn $\frac{1}{4}$ L stepping R to R side (7) 12:00
8 Step L next to R (8), now RESTART with Part A 12:00

Tag 2: Finish your 3rd A (your last A in the dance), facing 6:00, then add this easy 4 count tag

1 – 2 Cross rock R over L (1), recover weight to L (2) 6:00
3 – 4 Rock R to R side (3), recover weight to L (4) 6:00

Documented by Raindrops Dance