

# A Thousand Winds (千風之歌) (zh)

COPPER KNOB  
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Juilin Chen (TW) & Irene Deng (TW) - 2015年04月

Musique: A Thousand Winds (千風之歌) - Cao Xue Jing (曹雪晶) : (二胡演奏 - iTunes)



Intro : 32 Count From The Start of The Track (Approx. 26 Seconds Into Track)

**SECTION 1 [1 - 8]: TURN 1/4 LEFT STEP, TURN 1/4 RIGHT TOUCH, FORWARD STEP, POINT, FORWARD POINT, RIGHT POINT, LARGE STEP, DRAG**

1- 2 Turn 1/4 left step R forward (1)(9:00), Turn 1/4 right L touch Next R (2)(12:00)

3 - 4 Step L forward(3), point R to right (4)

**Hands : Turn Wrists ( Before Chest ) Counter Clockwise (3), Put Hands Out ( Left Hand to Forward, Right Hand to Right Side ) (4)**

5 - 6 Point R forward (5) , point R to right(6)

**Hands : Left Hand Back to Body ( Front ) (5), Lift Right Hand up (6)**

7 - 8 Big Step R to right side(7), Drag L Next R(8) (12:00)

**Hands : Let Right Hand Down ( Right Side ) and Left Hand to Left Side ( Hor. ) (7), Left Hand and L Drag Back (8)**

1 - 2 左轉1/4右足前踏(1), 右轉1/4左足點在右足旁(2)

3 - 4 左足前踏(3), 右足右側點(3)

**手部動作: 雙手手腕在胸前由內往外翻轉(3), 雙手同時 左手前、右手右側伸出(4)**

5 - 6 右足前點(5), 右足右側點(6)

**手部動作: 左手收回腹前(5), 右手上舉(6)**

7 - 8 右足大步右側踏(7), 左足拖拉至右足旁(8)

**手部動作: 右手往右外側放下同時間 左手往左側平伸(7), 左手與左足同時拉回(8)**

**SECTION 2 [9 - 16] : CROSS, POINT, CROSS, POINT, JAZZ BOX (12:00)**

1 - 2 Step L cross over R(1) , Point R to right (2)(12:00)

**Hands : Crossing Hands Before Face and Open Hands (1), Put Left Hand on Waist ( Left ) And Right Hand to Right Side ( Hor. ) (2)**

3 - 4 Step R cross over L (3) , Point L to left ( 4)

**Hands : Crossing Hands Before Face and Open Hands (1), Put Right Hand on Waist (Right) And Left Hand to Left Side ( Hor. ) (2)**

5 - 6 Crossing L over R(5), Back R(6)

7 - 8 1/4 left step L to left side (7)(9:00) , Crossing R over L ( 8)(9:00)

1 - 2 左足交叉前踏(1), 右足右側點(2)

**手部動作: 雙手掌交叉在臉前往左右劃開(1), 左手貼於左腰間, 同時右手右平伸**

3 - 4 右足交叉前踏(3), 左足左側點(4)

**手部動作: 雙手掌交叉在臉前往左右劃開(1), 右手貼於右腰間, 同時左手左平伸**

5 - 6 左足交叉右足前(5), 右足後退(6)

7 - 8 左轉1/4左足旁踏(7)(9:00), 右足前交叉左足前(9:00)

**SECTION 3 [17 - 24]: L TWINKLE , R TWINKLE , CROSS SHUFFLE , SWAY**

1 & 2 Step L across R(1), Step R next to L(&), Step L next to R(2),(9:00)

3 & 4 Step R across L(3), Step L next to R(&), Step R next to L(4)

5 & 6 Step L cross R(5), step R next to L(&), step R next to L(6)

7 - 8 Step R to right side(7), Sway hips right , left(8)

1 & 2 左足交叉右足前(1), 右足踏併左足旁(&), 左足原地踏(2)(9:00)

3 & 4 右足交叉左足前(3), 左足踏併右足旁(&), 右足原地踏(4)

5 & 6 左足交叉右足前(5), 往右斜交換步 右”左 (& 6)(9:00)

7-8 右足右旁踏推臀(7), 重心回左足推臀(8)

**SECTION 4 [25 - 32]: TOE TOUCH , TOE SWEEP BACK , TURN 3/4 RIGHT, LOCK FORWARD, ROCK BACK, DRAG**

1-2-3 Toe touch R forward(1), Toe R sweep out turn 3/4 right(2-3)(6:00)

4 & 5 Step R forward (4) , Step L behind R (&), Step R forward (5)

6 & 7 Rock L forward (6), recover R (&) , Big step back L(7)

**Hands : Put Hands Forward, Palms up (6&), Hands Sweep to Back (7、8)**

8 Drag R Next to L(8) (6:00)

1-2-3 右足尖前點(1), 右足尖向外繞右轉3/4(2-3)(6:00)

4 & 5 右足前踏交換步(右、左、右)

6 & 7 左足前踏(6), 重心回右足(&), 左足大步後退(7)

**手部動作: 雙手向前伸出, 手掌向上(6 &), 雙手往後劃開(7、8)**

8 右足拉併左足旁(8)

**TAG : End of Wall 5 facing 9 o'clock .**

**間奏: 第五牆結束 四拍間奏**

**TAG: [1-4]: CROSS , TOUCH , CROSS , TOUCH**

1-2 Cross R over L(1) , Touch L beside R(2)(9:00)

3-4 Cross L over R(3) , Touch R beside L(4)

1-2 右足交叉左足前(1), 左足點右足旁(2)

3-4 左足交叉右足前(3), 右足點左足旁(4)

**Restart: during Wall 3 after sec.3 facing 9 o'clock and during Wall 7 after sec.3 facing 12 o'clock start again 中段重頭:**

**第三牆(9:00)和第七牆(12:00)跳至第24拍結束, 重頭起跳。**

**Dance Finish: Count 32 of wall 10(6:00) to do R unwind 1-1/2 turn left facing "Home 第十牆 32拍結束後, 右足勾點左足旁向左慢慢旋轉1-1/2回正面結束。**

**Have fun!!! Happy Dance**

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**Last Update – 15th April 2015**

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