

1000 Years

COPPER KNOB
BY STEPHEN T. CHOU

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Jennifer Jou (TW) - December 2016
音乐: 1000 Years by Kang Eun Soo



Intro: 16 counts - Sequence:32/48/32/48/32/Tag/48/End

Sec 1: BACK,RECOVER,FORWARD,SPIRAL FULL TURN L,FORWARD,1/2 TURN L BACK,BACK,HOLD

1 2 3 4 Rock RF back,recover on LF,step RF forward,spiral full turn left
5 6 7 8 Step LF forward,1/2 turn L step RF back,step LF back,hold

Sec 2: BACK,RECOVER,FORWARD,HOLD,FORWARD,1/2 TURN L BACK,1/4 TURN L, SIDE, DRAG

1 2 3 4 Rock RF back,recover on LF,step RF forward,hold
5 6 7 8 Step LF forward,1/2 turn left step RF back,1/4 turn left step LF to left side,drag RF toward LF

Sec 3: CROSS, RECOVER,SIDE,HOLD,CROSS,FULL TURN R,SIDE,HOLD

1 2 3 4 Cross RF over LF,recover on LF,step RF to R side,hold
5 6 7 8 Cross LF over RF,make a full turn R (weight on RF),step LF to L side,hold

Sec 4:ROCK FORWARD,RECOVER,1/2 TURN R FORWARD,HOLD,1/4 TURN R, SIDE, RECOVER, CROSS, HOLD

1 2 3 4 Rock RF forward,recover on LF,1/2 turn R step RF forward,hold
5 6 7 8 1/4 turn R rock LF to L side,recover on RF,cross LF over RF,hold

Sec 5: 1/4 TURN L BACK,1/4 TURN L SIDE,CROSS,HOLD,SWAY LRL,HOLD

1 2 3 4 1/4 turn L step RF back,1/4 turn L step LF to L side,cross RF over LF,hold
5 6 7 8 Sway L R L,hold

Sec 6: (TOGETHER,TOGETHER,SIDE,HOLD) X2

1 2 3 4 Step RF beside LF,step LF beside RF,big step RF to R side,hold
5 6 7 8 Step LF beside RF,step RF beside LF,big step LF to L side,hold

Tag:4 counts

1 2 3 4 Sway to R,hold,sway To L,hold

Contact:chou450819@yahoo.com.tw