

1000 Years

COPPER KNOB
STEPSHEETS

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

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