

Thousand Times

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Niels Poulsen (DK) - July 2019
音乐: Hello - Lionel Richie : (Album: The Definitive Collection - iTunes etc)



Intro: 16 counts from beginning of track. App. 16 secs. into track. Start with weight on L foot.

Restart: On walls 3 and 6, after 16 counts, both times facing 12:00

Amendment: On walls 2, 5 and 8, after count 28 (your R back rock): when turning $\frac{1}{4}$ L you sway to the R on count 29 and to the L dragging R next to L on count 30, then restart. All 3 times facing 12:00

[1 – 9] Fwd R sweep, cross side back rock $\frac{1}{8}$ L, $\frac{5}{8}$ R side rock, $\frac{1}{4}$ R back rock, step full turn

1 – 2& Step R fwd sweeping L forward (1), cross L over R (2), step R to R side (&) 12:00
3 – 4& Turn $\frac{1}{8}$ L rocking back on L (3), recover fwd onto R (4), turn $\frac{3}{8}$ R stepping back on L (&) 3:00
5 – 6 Turn $\frac{1}{4}$ R rocking R to R side (5), turn $\frac{1}{4}$ R when recovering back onto L (6) 9:00
&7 Rock back on R (&), recover fwd to L (7) 9:00
8&1 Step R fwd (8), turn $\frac{1}{2}$ L onto L (&), turn $\frac{1}{2}$ L stepping back on R sweeping L to L side (1) 9:00

[10 – 16] L sailor step, behind turn $\frac{1}{4}$ L, $\frac{1}{4}$ L sway, sway, $\frac{3}{4}$ run around R

2&3 Cross L behind R (2), step R to R side (&), step L to L side (3) 9:00
&4 Cross R behind L (&), turn $\frac{1}{4}$ L stepping fwd onto L (4) 6:00
5 – 6 Turn $\frac{1}{4}$ L stepping R to R side with a R body sway (5), sway body to L side (6) 3:00
7&8& Turn $\frac{1}{4}$ R stepping R fwd (7), step L fwd (&), turn $\frac{1}{4}$ R stepping R fwd (8), turn $\frac{1}{4}$ R stepping L fwd (&) ... 12:00

*** Restart here on walls 3 and 6, both times facing 12:00**

[17 – 24] Fwd sweep, weave, $\frac{1}{4}$ L hitch, 2 prissy walks R L, step turn step

1 – 2& Step R fwd sweeping L fwd (1), cross L over R (2), step R to R side (&) 12:00
3&4 Cross L behind R (3), step R to R side (&), cross step L slightly over R hitching R knee and turning $\frac{1}{4}$ L on that L foot (4) 9:00
5 – 6 Walk R slightly in front of L (5), walk L slightly in front of L (6) 9:00
7&8 Step R fwd (7), turn $\frac{1}{2}$ L onto L (&), step fwd onto R (8) 3:00

[25 – 32] Step $\frac{1}{2}$ L rock step, run back RL, R back rock, $\frac{1}{4}$ L into R basic, side behind side

1 – 2& Turn $\frac{1}{2}$ L rocking fwd onto L (1), recover and push back onto R (2), run back on L (&) ... 9:00
Optional styling for count 1: Every time Lionel Ritchie sings 'Hello' reach your R hand forward as saying hello...
3 – 4 Rock back on R (3), recover fwd onto L (4) 9:00
5 – 6& Turn $\frac{1}{4}$ L stepping R a big step to R side (5), step L behind R (6), cross R over L (&) 6:00
7 – 8& Step L to L side sweeping R to R side (7), cross R behind L (8), step L to L side (&) 6:00

Start Again!

Ending: Comes on wall 9, after count 8. Instead of turning $\frac{1}{2}$ L you turn $\frac{1}{4}$ L stepping R to R side □ 12:00

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