

# Million Years Ago

COPPERKNOB  
STEPSHEETS

拍数: 16      墙数: 2      级数: High Improver  
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音乐: Million Years Ago - Adele



**Intro: 8 counts, start on the word "wanted"**

**Restart: on wall 3, 7, & 10**

## **S1: SIDE LUNGE – TURN & SWEEP – WEAVE – LUNGE & POINT – TURN RECOVER – STEP – 3 STEPS TURN & SWEEP**

1-2                    Lunge R to side,  $\frac{1}{4}$  Turn left & step L forward while sweeping R back to front (9.00)  
3&4&5                Cross R over L, Step L to side, Step R behind L, Step L to side, (Turn body alignment to  
6.00) Bend L & point R to back  
6-7                     $\frac{1}{2}$  Turn right & step R forward (12.00), Step L forward  
&&1                     $\frac{1}{2}$  Turn left & step R to back,  $\frac{1}{2}$  Turn left & step L forward,  $\frac{1}{2}$  Turn left & step R to back,  $\frac{1}{2}$   
Turn left & step L forward while sweeping R back to front

## **S2: CROSS & SIDE – DIAGONAL BACK – RECOVER & SQUARING TO SIDE – DIAGONAL BACK – STEP – PIVOT – SQUARING – STEP & TOUCH**

2&3                    Cross R over L, Step L to side, Step R to back diagonally (1.30)  
4&5                    Recover on L, squaring & step R to side, Step L to back diagonally (10.30)  
6&7                    Recover on R, Step L forward,  $\frac{5}{8}$  Turn right & step R forward (6.00)  
8&                      Step L forward, Touch R next to L

### **RESTARTS: -**

**Wall 3 & 10: session 2 after count 4& with step changing on the count of "&"**

2&3                    Cross R over L, Step L to side, Step R to back diagonally (1.30)  
4&                      Recover on L, squaring & touch R next to L (12.00)

**Wall 7: session 1 after count 4 with step changing on the count of "&" then add the count of "a"**

1-2                    Lunge R to side,  $\frac{1}{4}$  Turn left & step L forward while sweeping R back to front (9.00)  
3&4&a                Cross R over L, Step L to side, Step R behind L,  $\frac{1}{4}$  Turn left & step L forward (12.00), Touch  
R next to L

**Happy dancing - Dancing from the heart**

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