

Million Years Ago

COPPER KNOB
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, ¼ 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 ½ Turn right & step R forward (12.00), Step L forward
8&8&1 ½ Turn left & step R to back, ½ Turn left & step L forward , ½ Turn left & step R to back, ½
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, 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, ¼ 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, ¼ Turn left & step L forward (12.00), Touch
R next to L

Happy dancing - Dancing from the heart

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