

Waiting For A Thousand Years (千年等一回)

COPPER KNOB
STEPSHEETS

拍数: 130 墙数: 1 级数: Phrased Improver
编舞者: Heru Tian (INA) - August 2024
音乐: Qian Nian Deng Yi Hui (千年等一回) - Alicia Kao (高勝美)



Intro 16
A 32
B 32
C 34
Ending 16

SOD : INTRO A TAG1 B TAG2 C B
INTRO A TAG2 CB INTRO A A(16) ENDING

Intro Dance (16C)

Section I1 : Side, Hitch, Hold, 1/2R Runs Fwd

1234 Step RF to R Side (1), Hitch LF to Right Diagonal (2), Hold (3 4)
5&6&7&8 Make a 1/2R, Runs fwd lead by LF (6.00)

Section I2 : 1/2R Runs Fwd, Side & Touch (X2)

1&2&3&4& Make another 1/2R, Runs Fwd back to centre lead by RF (12.00)
5678 Step RF to R Side (5), Touch LF slightly behind RF (6), Step LF to L Side (7), Touch RF slightly behind LF (8)

Part A (32C)

Section A1 : Cross Rock, Side, Point, Rolling Vine, Point

1234 Rock RF cross over LF (1), Recover on LF (2), Step RF to R Side (3), Point LF to L Side, angle body to Right Diagonal (4)
5678 1/4L, Step LF fwd (5), 1/2L, Step RF back (6), 1/4L, Step LF to L Side (7), Point RF to R Side, angle body to Left Diagonal (8)

Section A2 : Weave, Point, Hands motion (Wave Chinese Hand)

1234 Cross RF over LF (1), Step LF to L Side (2), Cross RF behind LF (3), Point LF to L Side (4)
5678 Hands motion (Pls see videos for more details)

Section A3 & A4 : Mirroring SA1 & SA2

Tag1 4C : Slow Prissy Walks

1234 Step RF fwd cross over LF (1), Hold (2), Step LF fwd cross over RF (3), Hold (4)

Part B (32C)

Section B1 : Basic NC (X2)

1234 Take a long step RF to R Side (1), Hold (2), Step LF slightly behind RF (3), Cross RF over LF (4)
5678 Take a long step LF to L Side (5), Hold (6), Step RF slightly behind LF (7), Cross LF over RF (8)

Section B2 : Modified Rocking Chair

1234 Rock RF to R Side (1), Recover on LF (2), Rock RF back (3), Recover on LF (4)

5678 Repeat 1-4

Section B3: Pivot 1/2, Fwd, Fwd (X2),

1234 Step RF fwd (1), Pivot 1/2L, Keep weight on RF (2), Step LF fwd (3), Step RF fwd (4)

5678 Step LF fwd (5), Pivot 1/2R, Keep weight on LF (6), Step RF fwd (7), Step LF fwd (8)

Section B4 : Modified Jazz Box (X2)

1234 Cross RF over LF (1), Hold (2), Step LF back (3), Step RF to R Side (4)

5678 Cross LF over RF (5), Hold (6), Step RF back (7), Step LF to L Side (8)

Tag2 2C : Sways

12 Sway to Right (1), Sway to Left (2)

Part C (34C)

Section C1 : Weave, Cross Rock, Slide, Hold

1234 Cross RF over LF (1), Step LF to L Side (2), Cross RF behind LF (3), Step LF to L Side (4)

5678 Rock RF cross over LF (5), Recover on LF (6), Big Step RF to R Side (7), Hold (8)

Section C2 (10C) : Weave, Cross Rock, Slide, Together, Slide, Hold

1234 Cross LF over RF (1), Step RF to R Side (2), Cross LF behind RF (3), Step RF to R Side (4)

5678 Rock LF cross over RF (5), Recover on RF (6), Big Step LF to L Side (7), Step RF next to LF (8)

9 10 Big Step LF to L Side (9), Hold (10)

Section C3 : 1/4R Walks Fwd, Little jump & Hitch (X2)

1234 1/4R, Walk RF fwd (1), Walk LF fwd (2), Walk RF fwd (3), Little jump LF fwd, and Hitch RF (Bending your LF knee when landing)

5678 Repeat 1-4

Section C4 : Repeat C3

Ending (16C)

Section E1 : Slow Prissy walks, Runs Backward

1234 Step LF fwd slightly cross over RF (1), Hold (2), Step RF fwd slightly cross over LF (3), Hold (4)

5&6&7&8 Runs backward, lead by LF

Section E2 : Full turn R Runs Around in place , Pose

1&2&3&4 Runs turn R, lead by RF

5678 Cross LF over RF (5), Hold over 3C (6-8) for ending pose

Thank you enjoying this dance

Best Regards,

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