

Thousands Years

拍数: 48 墙数: 2 级数: Beginner
编舞者: E.M.G (INA) - January 2025
音乐: Thousands Years - Best Ballroom Music



Intro: 32 count

Sec 1 : side, back, recover, hold, cross, recover, side, hold

1 2 3 4 step L to left side (1), step R back (2), recover on L (3), hold (4)
5 6 7 8 cross forward on R (5), recover on L (6), step R to right side (7), hold (8)

Sec 2 : cross, recover, side, hold, forward, pivot $1/2$, forward, hold

1 2 3 4 cross forward on L (1), recover on R (2), step L to left side(3), hold (4)
5 6 7 8 step forward on R (5), turn $1/2$ L step L in place (6), step forward on R (7), hold (8)

Sec 3 : side, recover, forward, hold, side, recover, forward, hold

1 2 3 4 step L to left side (1), recover on R (2), step forward on L (3), hold (4)
5 6 7 8 step R to right side (5), recover on L (6), step forward on R (7), hold (8)

Sec 4 : forward, spiral, forward, hold, forward, hitch, forward, hold

1 2 3 4 step forward on L (1), turn $1/2$ L step L in place (2), step forward on R (3), hold (4)
5 6 7 8 step forward on L (5), R hitch (10.30) (6), cross forward on R (7), hold (8)

Sec 5 : side, recover, together, hold, side, recover, together, hold

1 2 3 4 step L to left side (1) (12.00), recover on R (2), step L beside R (3), hold (4)
5 6 7 8 step R to right side (5), recover on L (6), step R beside L (7), hold (8)

Sec 6 : forward, pivot $1/2$, recover, hold, forward, pivot, forward

1 2 3 4 step forward on L (1), $1/2$ turn on R to left (2), recover on L (3), hold (4)
5 6 7 8 step forward on R (5), $1/2$ turn on L back to right (6), $1/2$ turn on R to right to right (7), hold (8)

Restart : Wall 2 after 32 count

Tag : Wall 5 after 16 count

Tag : 1 2 3 4 : hips turn to L R L R