

# 1,000 Miles

**COPPER KNOB**  
STEPSHEETS

拍数: 0                      墙数: 2                      级数: Intermediate/Advanced  
编舞者: Shelley Lindsay (UK)  
音乐: A Thousand Miles - Vanessa Carlton



Sequence: ABC ABC C A\* A Tag B1 B B\* C C\*

## PART A (48 COUNTS)

### KICK BALL CHANGE, WALK, WALK, STEP PIVOT, PIVOT TOUCH

- 1&2                      Kick left foot forward, step left back, step right in place
- 3-4                      Walk forward on left, walk forward on right (with attitude!)
- 5-6                      Step forward on left, pivot ½ turn right transferring weight to right
- 7-8                      Step forward on left, pivot ½ turn right touching right in front of left

### COASTER STEP, LOCK STEPS FORWARD, FORWARD COASTER, LOCK STEPS BACK

- 9&10                     Step back on right foot, step left next to right, step forward on right
- 11&12                   Step forward on left, step right behind left, step forward on left
- 13&14                   Step forward on right, step left next to right, step back on right
- 15&16                   Step back on left, step right across left, step left back

### ROCK AND ROCK, WALK, WALK PIVOT TURN

- 17-18                    Rock back on right, rock forward on left
- &19-20                   Step right next to left, rock back on left, rock forward on right
- 21-22                    Walk forward on left, walk forward on right (with attitude!)
- 23&24                   Step forward on left, pivot ½ turn right, complete another ½ turn stepping back on left

### SWEEPING SAILOR, ¼ TURNING SAILOR, KICK AND TOUCH, ¼ SAILOR

- 25&26                    Sweep right foot as you step back on it, step left to side, step right to side
- 27&28                    Step left behind right, step right to right side, step left forward as you ¼ left
- 29&30                    Kick right foot forward, step right in place, touch left to side
- 31&32                    Step left behind right, step right to right side, step left forward as you ¼ left

### KICK, OUT OUT IN CROSS, ½ TURN, CROSS SHUFFLE

- 33&34                    Kick right foot forward, step right to right side, step left to left side
- &35-36                   Step right in towards left, cross left over right, step right to right side
- 37&38                    ¼ turn right stepping forward on left, ¼ right stepping right in place, step left over right
- &39-40                   Step right to right side, step left across right, step right to right side

### FULL TURN RIGHT, SIDE SHUFFLE STEP TOUCH, JAZZ KNEE OUT IN

- 41&42                    ¼ turn right stepping forward on left, ½ turn right stepping forward on right, ¼ turn right stepping left to side
- &43-44                   Step right next to left, step left to left side, touch right next to left
- 45-46                    Touch right foot out to side turning knee out
- 47-48                    Slide right foot in towards left, touch right in place

## PART B (32 COUNTS)

### FULL TURN, TOUCH, STEP FULL MONTEREY ROCK AND CROSS

- 1&2                      Step forward on right, ½ right stepping back on left, ½ right stepping forward on right
- 3-4                      Touch left toes to left side, cross left forward and slightly over right
- 5-6                      Touch right to right side, on left foot turn 360o right stepping on right
- 7&8                      Rock out on left, step right in place, cross left over right

### ROCK ROCK AND STEP TOUCH, ROCK FORWARD BACK, SIDE SHUFFLE ¼ TURN

- 9-10 Rock right to right side, step left in place
- &11-12 Step right in place, step out on left, touch right toes next to left instep
- 13-14 Rock forward on right crossing over left, rock back on left foot
- 15&16 Step right to right side, step left next to left, ¼ right stepping forward on right

**1 ¼ TURN RIGHT, TOGETHER FORWARD RIGHT SHUFFLE SYNCOPATED ROCKING CHAIR**

- 17-18 ½ right stepping back on left, ½ right stepping forward on right
- 19&20 ¼ right stepping out on left, step right next to left, step forward on left
- 21&22 Step forward on right, step left next to right instep, step forward on right
- 23& Rock forward on left, rock back on right
- 24& Rock back on left, rock forward on right

**STEP HOLD, PIVOT HOLD, TOUCH TO SIDE WITH ARM CIRCLE**

- 25-26 Step forward on left, hold
- 27-28 Pivot ½ turn right, hold
- 29 Touch left toes to left side, at same time right arm is bent at elbow with hand in front of left shoulder
- 30 Move right hand down to waist level, then straighten arm and bring out to right side
- 31-32 Lift right arm straight up vertically, bend at elbow as you bring right hand down in front of left shoulder (where it started)

**PART C (8 COUNTS)**

**CROSS ROCK SIDE, ½ TURN RIGHT, CROSS ROCK SIDE, CROSS AND SIDE**

- 1&2 Cross rock left over right, rock back on right, step left to left side
- 3&4 Cross right over left, ¼ right stepping back on left, ¼ right stepping right to side
- 5&6 Cross rock left over right, rock back on right, step left to left side
- 7&8 Cross right over left, rock left to left side, step right in place

**PART A\***

**Dance the first 32 counts of part A, as part A starts on the left foot:**

- 31&32 Step left behind right, step right to right side, ¼ left touching left in place

**TAG (2 COUNTS)**

**There is a 2 count pause in the music, hold for two counts. (count one, two in your head!)**

**PART B1**

**Instead of touching left to side on count 29, step to the left side (Part B begins again on the right)**

**PART B\***

**Dance again the last 8 counts of part B (step hold pivot holds, touch left with arm circle)**

**PART C\***

**Instead of dancing the last two counts (7 & 8) dance**

- 7-8 Cross right over left, sweep left foot as your turn to face the front.

**You will end exactly as the music ends**

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