

# A Long Journey

COPPER KNOB  
BY STEPHEN HETS

拍数: 0                      墙数: 2                      级数: Phrased Intermediate  
编舞者: May Wah Ong (MY) - June 2008  
音乐: Thousands Miles Of Arduous Journey (千山萬水) - Jay Chou (周杰倫) : (CD - for Olympics 2008)



Intro: 16 counts

Optional Intro:

1 - 4                      Step RF to right, LF touch next RF, Step LF to left, touch RF next to LF

Raise arms above head, wave from left to right(1 -2 ), then back to left (3-4)

Repeat above 3 more times

Start on vocals

**S1: RIGHT FULL TURN BACK, POINT, STEP, SIDE ROCK CROSS (2X), POINT, BACK LOCK STEP**

1&                      Turn ½ turn right stepping forward on RF, ½ turn right by stepping back on LF,  
2&                      step back on RF, LF point & tap forward  
3&4&                      Step down LF, RF rock to right, recover on LF, RF cross over LF  
5&6&                      LF rock to left, recover on RF, LF cross over RF, point RF to right  
7&8                      Step back on RF, Lock LF in front of RF, Step back on RF [12]

**S2: STEP, SWEEP, STEP, SWEEP, ROCK FWD, RECOVER, ½ TURN LEFT, STEP FWD, ROCK FWD , RECOVER, STEP BACK, SWEEP, BEHIND, SIDE, CROSS, SWEEP**

1&2&                      Step forward on LF, sweep RF fwd, step forward on RF, sweep LF fwd  
3&4&                      LF rock forward, recover, ½ turn left stepping LF forward, step forward on RF [6]  
5&6&                      LF rock forward, recover on RF , step back on LF, sweep RF back \*\*2nd Restart here  
7&8&                      RF step behind LF, step LF to side, RF cross, sweep LF fwd

**S3: CROSS, SIDE, BEHIND, SWEEP, ROCKING CHAIR, BACK LOCK STEP, TOUCH, SIDE, TOGETHER, ¼ TURN LEFT**

1&2&                      LF cross in front of RF, RF step to side , LF step behind RF, sweep RF back  
3&4&                      rock back on RF, recover on LF, rock RF forward, recover on LF \*1st Restart here  
5&6&                      Step back on RF, lock LF in front of RF, step back on RF, tap LF in front of RF  
7&8                      Step LF to side, close RF next to LF, LF forward turning ¼ left, (sweep RF fwd) [3]

**S4: CROSS ROCK, SIDE ROCK, MODIFIED SAILOR WITH A TOUCH, HOOK, LOCK STEP RIGHT DIAGONAL, LOCK STEP LEFT DIAGONAL, TOUCH**

1&2&                      RF cross rock over LF, recover on LF, RF rock to side, recover on LF,  
3&4&                      RF step behind LF, LF step to left making ¼ turn right , RF touch forward, hook RF (fig 4) in front of L [6]  
5&6                      RF step diagonally forward, LF lock behind RF, RF step diagonally forward  
&7&8                      LF step diagonally forward, RF lock behind LF , LF step diagonally forward, touch RF next to LF

**TWO Restarts:**

1.                      \* During 2nd wall, after count 20& (after count 4& in Section 3)
2.                      \*\*During 4th wall, after count 14 (after count 6 in section 2)

**TWO Tags**

1.                      After 5th wall, do tag 2X (4 counts)

2. After 6th wall do tag 1X (2 counts)

(1 - 2) Sway right, sway left

(Optional arm movement - Raise arms above head and wave from left to right, then back to left)

Sequence: 32, 20, 32, 14, 32, Tag 2x, 32, Tag, 32, (another 12 counts to end)

Note: It's not as difficult as it looks

---