

# A Thousand Years

COPPER KNOB  
BY STEPHEN

拍数: 96                      墙数: 2                      级数: Upper Intermediate  
编舞者: Christine Stewart (NZ) - January 2012  
音乐: A Thousand Years - Christina Perri : (Single)



This dance is dedicated to my friends Barbara Dunbar and Carly Best.  
Without their encouragement and support A THOUSAND YEARS would never have left the safety of home.

Intro: Start dancing on the vocals at the end of the piano introduction. Begin with weight on Left foot. Step Right foot back as Christina says the word "HEART".

## S1: SLOW RIGHT COASTER BACK, STEP-LOCK-STEP FORWARD

1-2-3                      Make a large step back with Right, step onto Left beside Right, step Right forward  
4-5-6                      Step Left forward, cross Right behind Left and against Left heel, step Left forward

## S2: BACK-LOCK-BACK, SLOW TRIPLE STEP FULL TURN LEFT

7-8-9                      Step Right back, cross Left over in front of Right, step Right back  
10-11-12                      Turn ½ left and step Left forward, turn ¼ left and step Right back, Turn ¼ left and step Left sideways to left side (end with weight on Left facing 12:00)

## S3: LARGE STEP SIDEWAYS RIGHT, DRAG, TOUCH, LARGE STEP SIDEWAYS LEFT, DRAG, TOUCH

13-14-15                      Make a large step sideways to the right with Right, drag Left towards Right, touch Left beside Right  
16-17-18                      Make a large step sideways to the left with Left, drag Right towards Left, touch Right beside Left

## S4: ¼ TURN RIGHT, HOLD, HOLD, 1 ¼ TURN RIGHT

19-20-21                      Turn ¼ right and step Right forward, hold, hold  
22-23-24                      Turn ½ right and step Left back, turn ½ right and step Right forward, turn ¼ right and step Left sideways to left (6:00)

(Non turning option: replace counts 22-23-24 with a ¼ turn right and step Left sideways to the left, step Right beside Left, step Left sideways to the Left (6:00))

## S5: STEP BACK, SWEEP BACK, SLOW COASTER ¼ TURN LEFT

25-26-27                      Make a large step back with Right, sweep Left from front to back over 2 counts  
28-29-30                      Turn ¼ left and Left back, step onto Right beside Left, step Left forward (3:00)

## S6: STEP FORWARD, HOLD, TOUCH BEHIND, STEP BACK, DRAG

31-32-33                      Make a large step forward with Right, hold, touch Left behind Right heel  
34-35-36                      Make a large step back with Left, drag Right along floor and past Left over 2 counts

## S7: BACK-LOCK-BACK, SLOW COASTER ¼ TURN LEFT

37-38-39                      Step Right back, cross Left over in front of Right, step Right back  
40-41-42                      Turn ¼ left and step Left back, step onto Right beside Left, step Left forward (12:00)

## S8: STEP FORWARD, HOLD, TOUCH BEHIND, STEP BACK, HOLD, TOUCH ACROSS IN FRONT

43-44-45                      Make a large step forward with Right, hold, touch Left behind Right heel  
46-47-48                      Make a large step back with Left, (##,####,#####), hold, touch toes of Right in front of and against toes of Left

## S9: SLOW RIGHT SCISSOR STEP, SIDE, BEHIND, ¼ TURN LEFT

49-50-51                      Step Right sideways to right, step onto Left beside Right, cross Right over in front of Left (weight is now on Right)  
52-53-54                      Step Left sideways to left, cross Right behind Left, turn ¼ left and step Left forward (9:00)

**S10: STEP FORWARD, RECOVER BACK, ½ TURN RIGHT, FULL TURN RIGHT, STEP FORWARD**

55-56-57 Step Right forward, recover back onto Left, turn ½ right and step Right forward (#)

58-59-60 Turn ½ right and step Left back, turn ½ right and step Right forward, step Left forward (3:00)

(Non turning option: replace counts 58-59 with walk forward Left, walk forward Right)

**S11: STEP FORWARD, HOLD, TOUCH BEHIND, SLOW BACK COASTER CROSS**

61-62-63 Make a large step forward with Right, hold, touch Left behind Right heel

64-65-66 Make a large step back with Left, step onto Right beside Left, cross Left over in front of Right (weight is now on Left)

**S12: 1 ¼ TURN RIGHT, STEP FORWARD, HOLD, TOUCH BEHIND**

67-68-69 Turn ¼ right and step Right forward, turn ½ right and step Left back, turn ½ right and step Right forward (6:00)

(Non turning option: Replace counts 68-69 with walk forward Left, walk forward Right)

70-71-72 Make a large step forward with Left, hold, touch Right behind Left heel

**S13: BACK-LOCK-BACK, BACK-LOCK-BACK**

73-74-75 Step Right back on slight angle so body slightly faces the left diagonal, cross Left over in front of Right

76-77-78 Step Left back on slight angle so body slightly faces the right diagonal, cross Right over in front of Left, step Left back on slight angle

**S14: ROCK BACK, HOLD, HOLD, RECOVER FORWARD, HOLD, HOLD**

79-80-81 Step Right back and slightly behind Left, hold, hold

82-83-84 Recover forward onto Left, hold, hold

**S15: ¼ TURN LEFT, ¼ TURN LEFT, CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT, CROSS**

85-86-87 Turn ¼ left and step Right back, turn ¼ left and step Left sideways to left side, cross right over in front of Left

88-89-90 Turn ¼ right and step Left back, turn ¼ right and step Right sideways to right side, cross Left over in front of Right (6:00)

**S16: STEP SIDEWAYS RIGHT, DRAG, STEP TOGETHER, HOLD, HOLD**

91-92-93 Make a large step sideways to the right with Right, drag Left towards Right over 2 counts

94-95-96 Step onto Left beside Right bending Right knee at the same time to emphasise the end of the dance, hold, hold

**RESTARTS:**

# Occurs during wall 2 facing 6:00. Dance up to and including count 57 (see below for restart instructions). Dance starts again from the beginning facing 6:00

## Occurs during wall 4 facing 12:00 after count 46 (see below for restart instructions). Dance starts again from the beginning facing 12:00

### Occurs during wall 6 facing 6:00 after count 46 (see below for restart instructions). Dance starts again from the beginning facing 6:00

#### Occurs during wall 7 facing 6:00 after count 46 (see below for restart instructions). Dance starts again from the beginning facing 6:00.

**RESTART INSTRUCTIONS:**

**# ¼ TURN RIGHT**

58-59-60 Turn ½ right and step Left foot back, turn ¼ right and step/rock Right sideways to the right, rock/recover sideways onto Left

**##,###,####**

47-48 Drag Right along floor and past Left for these 2 counts then restart dance from the beginning

**ENDING:** Wall 8 is the last wall and ends facing 12:00. There are still a few strains of music left (approx 12 counts)

so I've added an ending to use these last counts and to finish the dance neatly.

**SLOW RIGHT COASTER BACK, SLOW TRIPLE STEP FULL TURN LEFT, SIDEWAYS RIGHT, DRAG, STEP TOGETHER, HOLD, HOLD**

- 1-2-3            Make a large step back with Right, step onto Left beside Right, step Right forward
- 4-5-6            Turn  $\frac{1}{2}$  left and step Left forward, turn  $\frac{1}{4}$  left and step Right back, Turn  $\frac{1}{4}$  left and step Left sideways to left side (end with weight on Left facing 12:00)
- 7-8-9            Make a large step sideways to the right with Right, drag Left towards Right over 2 counts
- 10-11-12        Step onto Left beside Right bending Right knee at the same time to emphasise the end of the dance, hold, hold

**Contact: [christine.stewart@clear.net.nz](mailto:christine.stewart@clear.net.nz)**

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