

A Thousand Years

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Bill Larson (AUS) - January 2012
音乐: A Thousand Years - Christina Perri : (CD: The Twilight Saga - Breaking Dawn - 4:45)



Weight on Right: Start 48 counts in on vocals.

Section 1: Fwd Drag Hold, Back. Turn Cross

1,2,3 Step R fwd, Drag L up behind R, Hold
4 Step Back on L
5,6 with 1/4 turn R Step R to side (3:00) Cross L over R

Section 2: Side Behind Side, Side Behind Turn

1,2,3 Step R to side, Step L behind R, Step R to side
4,5 Step L to side, Step R behind L
6 with 1/4 turn L Step L fwd (12:00)

*** Restart on Wall 4 (3:00)**

Section 3: Turn Lunge Drag, Behind Turn Recover

1 with 1/4 turn L Lunge Step R to side (9:00)
2,3 Drag L up to R (2 Counts)
4,5 Step L behind R, with 1/4 turn R Step R fwd (12:00)
6 Recover weight back onto L

Section 4: Turn 1/2 R, Roll fwd Full Turn R, Cross Samba

1 with 1/2 turn R (6:00) Step R fwd
2,3 completing a full turn R, Step fwd L, R
4 Cross/Step L over R
5,6 Step R to side, Step weight back onto L

Section 5: Step Slow Sweep, Cross Samba

1,2,3 Cross/Step R over L, Sweep L out to side (2 counts)
Optional Variation: For first 3 Counts Step R fwd, completing a full turn R, Step fwd L, R
4 Cross/Step L over R
5,6 Step R to side, Step weight back onto L

Section 6: Fwd Coaster, Step Back Back Back

1,2,3 Step R fwd, Step L beside R, Step back on R
4,5,6 Step Back L, R, L

Section 7: Turn Lunge / Drag Touch, Lunge / Drag Touch

1 with 1/4 turn R Step R to side (9:00)
2,3 Drag L up beside R, Touch L beside R
4 Step L to side
5,6 Drag R up beside L, Touch R beside L

Section 8: 1/2 Turn Waltz Basic, 1/2 Turn Waltz Basic

1 Step R fwd
2,3 with 1/2 turn R (3:00) Step back on L, Step R beside L
4 Step back on L
5,6 with 1/2 turn R (9:00) Step R fwd, Step L beside R

Restart: After wall 3 (facing 3:00) Dance counts 1 – 12* , then restart the dance (facing 3:00)

Suggested Finish: Complete last wall to finish facing front, then add counts 1-3 of Section 1 to dance the music out

Enjoy!
