

1000 Things

拍数: 32 墙数: 4 级数: Improver
编舞者: Richard Palmer (UK) & Lorna Dennis (UK) - May 2013
音乐: 1000 Things – Dave Tough



Intro: 16 counts (start on vocals)

[1 - 8] Behind, Side, Cross Shuffle, Side Rock, Behind, ¼ Turn, Step

1 - 2 Step Left behind right, step right to right side
3 & 4 Cross left over right, step right to right side, step left over right
5 - 6 Rock right to right side, recover weight onto left
7 & 8 Step right behind left, make a ¼ turn left stepping forward on left, step forward on right

[9 - 16] Step, Hold, &, Step, Pivot ½, Step, Rock, Recover

1 - 2 Step forward left, hold,
&3 - 4 Bring right next to left, step forward left, step forward right making a ½ pivot over left shoulder
5 - 6 Transfer weight to left foot, step forward on right
(*Restart dance at this point on wall 13 after holding for 3 counts)
7 - 8 Rock left to side on left, recover onto right
(*Restart dance at this point on wall 6)

[17 - 24] Behind, Side Rock, Recover, Behind, ½ Unwind, Rock ¼ turn, Recover

1 - 2 Cross step left behind right, Rock right to right side
3 - 4 Recover onto left, Cross step right behind left
5 - 6 Touch left toe back, unwind a ½ turn over left shoulder
7 - 8 Rock onto right making a ¼ over left shoulder, recover onto left.
(*Restart dance at this point on walls 3 & 9, replacing the last step with a left drag behind)

[25 - 32] Cross, Points x 3, Cross, Hold, &, Cross, Step

1 - 2 Cross step right over left, point left toe to left side
3 - 4 Point left toe in front of right, point left toe to left side
5 - 6 Cross step left over right, hold,
&7 - 8 Step right next to left, Cross step left over right, Step right to right side

REPEAT

RESTARTS: -

1st Restart – Wall 3 – Dance the first 23 counts, drag left behind for the 24th count then restart the dance (begin dance facing 6 o'clock)

2nd Restart – Wall 6 – Dance the first 16 counts and restart the dance (begin dance facing 9 o'clock)

3rd Restart – Wall 9 – Dance the first 23 counts, drag left behind for the 24th count then restart the dance (begin dance facing 3 o'clock)

4th Restart – Wall 13 – Dance the first 14 counts, hold for 3 counts then restart the dance

Please be aware that due to the Restarts the dance changes to the side walls after the second Tag and back to the front/back wall after the Restart, hence making it a 4 wall dance.

Contact: grapevine616@gmail.com