

One Step Closer

COPPER **KNOB**
STEPSHEETS

拍数: 48

墙数: 4

级数: Beginner / High Beginner Viennese
Waltz



编舞者: Laura Neff - April 2013

音乐: A Thousand Years - Christina Perri

48 count intro, start on vocals, - can use as floor split for Waltzing at Twilight by John Dembiec
One Restart on Wall 4

SEC. 1: STEP SWEEP, STEP SWEEP,

1-3 Step Rf fwd, sweep Lf fwd over two counts
4-6 Step Lf fwd, sweep Rf fwd over two counts

SEC. 2: RIGHT BASIC FWD. LEFT, BASIC BACK R

1-3 Step forward on Rf, close Lf next to Rf, close Rf next to Lf
4-6 Step back on Lf, close Rf next to Lf, close Lf next to Rf

Restart Here On Wall 4

SEC. 3: STEP, KNEE LIFT, HOLD, STEP HOOK HOLD

1-3 Step Rf fwd, lift L knee ,hold (or develope` for ladies)
4-6 Step back on Lf, hook lower Rf across left shin ,hold

SEC. 4: Same as SEC. 3 angling body towards 1:30 on hook (prep for turn)

SEC. 5: FULL TURN TO RIGHT, RIGHT ARM SWEEP IN FRONT

1-3 Step Rf $\frac{1}{4}$ to right side, bring Lf to meet Rf as you turn $\frac{1}{2}$ changing wt to Lf, reaching Rf back
and step Rf $\frac{1}{4}$ to finish turn

Easier option: THREE STEP TURN

4-6 Sweep R arm in front of body clockwise (from 6:00 to 6:00)

Option for arm styling: Sway to Lf, then sway to Rf and hold

SEC. 6: FULL TURN TO LEFT, LEFT ARM SWEEP IN FRONT

1-3 Step Lf $\frac{1}{4}$ to Left, bring Rf to Lf as you turn $\frac{1}{2}$ changing wt. Rf, reaching Lf back and step Lf
 $\frac{1}{4}$ to finish turn

Easier option: THREE STEP TURN

4-6 Sweep L arm in front of body counterclockwise (from 6:00 to 6:00)

Option for arm styling: Sway to Rf, sway to Lf and Hold

EASIER NON TURNING OPTION for Sec. 5 and 6:

1-3 Step Rf side, Lf behind Rf, step Rf side
4-6 Arm sweep is the same (or use option for arm styling)

SEC. 7: STEP SIDE, STEP BEHIND ROCK RECOVER RF, LF

1-3 Step Rf side, Lf behind Rf rock, recover wt. to Rf
4-6 Step Lf side, Rf behind Lf rock, recover wt. to Lf

SEC. 8: STEP R $\frac{1}{4}$ LEFT TURN, ROCK RECOVER, STEP SIDE L, ROCK RECOVER

1-3 Step Rf making $\frac{1}{4}$ turn to L, Lf behind Rf rock, recover wt. to Rf
4-6 Step Lf side, Rf behind Lf rock, recover wt. to Lf

Arm Styling for Sec.7 & 8: Pendulum sweep arms in front of body

Contact: lneff50@gmail.com