

A Thousand Miles

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Intermediate NC2S
編舞者: Karl-Harry Winson (UK) - January 2015
音樂: I Wanna Grow Old with You - Westlife : (Album: World of Our Own - iTunes.co.uk)



Intro: 16 Counts (Start on Vocals "Another Day")

Side-Drag. Behind. Side. Cross Rock. 1/4 Turn. 1/2 Turn Left. Sweep. Back Rock. 1/4 Turn Right. Back Rock.
1,2& Step big Step Right to Right side dragging Left towards Right. Cross Left behind Right. Step Right to Side.
3,4& Cross Rock Left over Right. Recover weight back on Right. Make 1/4 turn Left stepping Left forward. 9 o'clock
5 Make 1/2 turn Left stepping Right back sweeping Left from front to back. 3 o'clock
6& Rock Left foot back and slightly behind Right. Recover weight forward on Right. 3 o'clock.
7 Make 1/4 turn Right stepping big step Left to Left side 6 o'clock.
8& Rock back on Right angling body to Right diagonal/Corner. Recover weight forward on Left. 7.30

Diagonal Step. Full Turn Right. Forward Rock. Run Back X3. Left Sweep. Weave 1/8 Turn. Step Pivot 3/4 Turn

1,2& Facing Diagonal/Corner Step Right Forward. Make 1/2 turn Right stepping Left back. Make 1/2 Right stepping Right forward. 7.30
3,4& Rock Forward on Left. Small Run back on Right. Small Run back on Left.
5,6& Run back on Right sweeping Left from front to back. Cross Left behind Right. Make 1/8 turn Right stepping Right forward straightening up to 9 o'clock wall.
7,8& Step forward on Left. Step Right forward. Pivot 3/4 turn Left. 12 o'clock
***Restart Here on Walls: 2 (9.00), 5 (3.00), 7 (12.00).**

Right Basic Night Club. 1/4 turn Left. Forward Rock. 1/2 Turn Right. Step 1/4 Cross. Prissy Walk Right.

1, 2& Step Right to Right side. Rock back on Left. Recover weight forward on Right crossing Right over Left.
3,4& Make 1/4 turn Left stepping Left forward. Rock Right forward. Recover weight back on Left. 9 o'clock
5,6& Make 1/2 turn Right stepping Right forward. Step Left forward. Pivot 1/4 turn Right. 6 o'clock.
7 – 8 Cross step Left over Right. Walk forward on Right crossing Right over Left.

Prissy Walk Left. Side. Back Rock. 3/4 turn Right. Step. Pivot 1/2 Turn. Forward Step. Reverse Turn Right.

1,2& Walk forward on Left crossing Left over Right. Step Right to Right side. Cross Rock Left foot behind Right.
3& Recover weight forward on Right. Make 1/4 turn Right stepping Left back. 9 o'clock
4& Make 1/2 turn Right stepping Right forward. Step forward on Left. 3 o'clock
5 – 6 Step Right forward. Pivot 1/2 turn Left putting weight forward on Left. 9 o'clock
7& Step forward on Right. Make 1/2 turn Right stepping Left back. 3 o'clock
8& Make 1/2 turn Right stepping Right forward. Step forward on Left. 9 o'clock

Start Again!

***Restart: The Restarts in this dance are very straight forward. Walls, 2 (9.00), 5 (3.00) & 7 (12.00), dance the first 16**

Counts and Restart the dance. (Tip: The wall you start on is the same wall you restart on).

*****Tag***: At the end of Wall 3 (6 O'clock), add on the following 2 Counts (Hip Sways):**

1 – 2 Step Right to Right side swaying Hips Right. Sway Hips Left.

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