

Million Years Ago

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Julia Wetzel (USA) - November 2015
音樂: Million Years Ago - Adele : (Album: 25 - 3:47)



Intro: 8 counts, on lyrics "Want" approx. 5 sec. into track

[1 – 8] □ Step, Hold, Walk, Walk, ½, Back Rock □

1 - 4 Step R fw (1), Hold (2), Step L fw (3), Step R fw (4) □ 12:00

5 - 8 Step L fw (5), ½ Turn right on L (6), Rock R back (7), Recover on L (8) □ 6:00

[9 – 16] □ ¾, Side, Cross, Side, Hold, Behind Rock □

1 - 4 Step R fw (1), ¾ Turn left on R (2), Step L to left side (3), Cross R over L (4) □ 9:00

5 - 8 Step L to left side (5), Hold (6), Rock R behind L (7), Recover on L (8) □ 9:00

[17 – 24] □ ¼, Hitch, Cross, Side, Back, Sweep, Back Rock □

1 - 4 ¼ Turn right step R fw (1), Hitch L (2), Cross L over R (3), Step R to right side (4) □ 12:00

5 - 8 Step L back slightly behind R (5), Small sweep of R from front to back (6), Rock R back (7),
Recover on L (8) □ 12:00

***Restart here on Wall 2 and 6 facing 6:00 □**

[25 – 32] □ Walk, Walk, Rock, ½, Sweep, Step, Hold □

1 - 4 Step R fw (1), Step L fw (2), Rock R fw (3), Recover on L (4) □ 12:00

5 - 8 ½ Turn right step R fw (5), Sweep L from back to front (6), Step L slightly cross R (7), Hold
(8) □ 6:00

***On Wall 4 and 8, add Tag (repeat last 8 counts) here then Restart facing 12:00 □**

[33 – 40] □ Spiral, Walk, Walk, Rock, Hold, Recover, Back □

1 - 4 Step R fw (1), Full spiral turn left on R (2), Step L fw (3), Step R fw (4)

Non-Turning Option (1-2): Step R fw (1), Hold (2) □ 6:00

5 - 8 Rock L fw (5), Hold (6), Recover on R (7), Step L back (8) □ 6:00

[41 – 48] □ Point, ¼, Side, Full Turn w/Sweep, Behind, Side □

1 - 3 Point R back (1), ¼ Turn R transferring weight to ball of R (2), Step R heel down with full
weight on R and Torque upper body to right side (prep) (3) □ 9:00

4 - 8 ¼ Turn left step L fw (4), ¾ Turn left step back on R (5), Sweep L from front to back (6), Step
L behind R (7), Step R to right side (8)

Easy Option (3-6): Rock R to right side (3), Recover (4), Step R behind L (5), Sweep L to back (6) □ 9:00

[49 – 56] □ Cross Rock, Hold, Recover, ¼ ¼ Side, Hold, Hip L&R □

1 - 4 Cross rock L over R (1), Hold (2), Recover on R (3), ¼ Turn left step L fw (4) □ 6:00

5 - 8 ¼ Turn left step R to right side and sway hip right (5), Hold (6), Sway hip left (7), Sway hip
right (8) □ 3:00

[57 – 64] □ Side, Hold, Behind, Side, Cross Rock, ¼, Full Turn □

1 - 4 Step L to left side and sway hip left (1), Hold (2), Step R behind L (3), Step L to left side
(4) □ 3:00

5 - 8 Cross rock R over L (5), Recover on L (6), ¼ Turn right step R fw (7), ½ Turn right step back
on L (8), ½ Turn right step R fw (Count 1 of next wall)

Non-Turning Option (8,1): Step L fw (8), Step R fw (1) □ 6:00

Restarts: □ On Wall 2 and 6 (instrumental music): Dance up to Count 24 then Restart facing 6:00

On Wall 4 and 8: Dance up to Count 32, then repeat Counts 25-32 (Tag), then Restart facing 12:00 □

Tag: □8 counts = Count 25 – 32 (see Section 4 for details) □

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