

# Thousand Times

拍數: 32                      牆數: 2                      級數: Intermediate  
編舞者: Niels Poulsen (DK) - July 2019  
音樂: Hello - Lionel Richie : (Album: The Definitive Collection - iTunes etc)



**Intro:** 16 counts from beginning of track. App. 16 secs. into track. Start with weight on L foot.

**Restart:** On walls 3 and 6, after 16 counts, both times facing 12:00

**Amendment:** On walls 2, 5 and 8, after count 28 (your R back rock): when turning  $\frac{1}{4}$  L you sway to the R on count 29 and to the L dragging R next to L on count 30, then restart. All 3 times facing 12:00

**[1 – 9] Fwd R sweep, cross side back rock  $\frac{1}{8}$  L,  $\frac{5}{8}$  R side rock,  $\frac{1}{4}$  R back rock, step full turn**

1 – 2&                      Step R fwd sweeping L forward (1), cross L over R (2), step R to R side (&) 12:00  
3 – 4&                      Turn  $\frac{1}{8}$  L rocking back on L (3), recover fwd onto R (4), turn  $\frac{3}{8}$  R stepping back on L (&) 3:00  
5 – 6                      Turn  $\frac{1}{4}$  R rocking R to R side (5), turn  $\frac{1}{4}$  R when recovering back onto L (6) 9:00  
&7                      Rock back on R (&), recover fwd to L (7) 9:00  
8&1                      Step R fwd (8), turn  $\frac{1}{2}$  L onto L (&), turn  $\frac{1}{2}$  L stepping back on R sweeping L to L side (1) 9:00

**[10 – 16] L sailor step, behind turn  $\frac{1}{4}$  L,  $\frac{1}{4}$  L sway, sway,  $\frac{3}{4}$  run around R**

2&3                      Cross L behind R (2), step R to R side (&), step L to L side (3) 9:00  
&4                      Cross R behind L (&), turn  $\frac{1}{4}$  L stepping fwd onto L (4) 6:00  
5 – 6                      Turn  $\frac{1}{4}$  L stepping R to R side with a R body sway (5), sway body to L side (6) 3:00  
7&8&                      Turn  $\frac{1}{4}$  R stepping R fwd (7), step L fwd (&), turn  $\frac{1}{4}$  R stepping R fwd (8), turn  $\frac{1}{4}$  R stepping L fwd (&) ... 12:00

**\* Restart here on walls 3 and 6, both times facing 12:00**

**[17 – 24] Fwd sweep, weave,  $\frac{1}{4}$  L hitch, 2 prissy walks R L, step turn step**

1 – 2&                      Step R fwd sweeping L fwd (1), cross L over R (2), step R to R side (&) 12:00  
3&4                      Cross L behind R (3), step R to R side (&), cross step L slightly over R hitching R knee and turning  $\frac{1}{4}$  L on that L foot (4) 9:00  
5 – 6                      Walk R slightly in front of L (5), walk L slightly in front of L (6) 9:00  
7&8                      Step R fwd (7), turn  $\frac{1}{2}$  L onto L (&), step fwd onto R (8) 3:00

**[25 – 32] Step  $\frac{1}{2}$  L rock step, run back RL, R back rock,  $\frac{1}{4}$  L into R basic, side behind side**

1 – 2&                      Turn  $\frac{1}{2}$  L rocking fwd onto L (1), recover and push back onto R (2), run back on L (&) ... 9:00  
**Optional styling for count 1: Every time Lionel Ritchie sings 'Hello' reach your R hand forward as saying hello...**  
3 – 4                      Rock back on R (3), recover fwd onto L (4) 9:00  
5 – 6&                      Turn  $\frac{1}{4}$  L stepping R a big step to R side (5), step L behind R (6), cross R over L (&) 6:00  
7 – 8&                      Step L to L side sweeping R to R side (7), cross R behind L (8), step L to L side (&) 6:00

**Start Again!**

**Ending:** Comes on wall 9, after count 8. Instead of turning  $\frac{1}{2}$  L you turn  $\frac{1}{4}$  L stepping R to R side □ 12:00

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