

How The Years (奈何岁月)

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Heru Tian (INA) - August 2024
音樂: Nai He Shui Yue (奈何岁月) - Hai Lai A Mu (海来阿木)



No Tag, 1 Restart

*** Restart happen on Wall 3 after 16&C (facing 6.00)

During Wall 3, Dance up to 16C, and change step for last Count into Point RF to R Side (“&”)

Section 1 : Sailor Side, Rock Back, Pivot 1/4R, Sync Weave, Cross, 3/4L Turn

1&2 Step RF behind LF (1), Step LF beside RF (&), Step RF to R Side (2)
3&4& Rock LF back (3), Recover on RF (&), Step LF fwd (4), Pivot 1/4R, Step RF in place (&)
(3.00)
5&6& Cross LF over RF (5), Step RF to R Side (&), Cross LF Behind RF (6), Step RF to R Side (&)
7&8 Cross LF over RF (7), 1/4L, Step RF back (&), 1/2L, Step LF fwd (8) (6.00)

Section 2 : 1/4L Side Lunge, Recover, Together, Monterey 1/4L, Chase 1/2R, Spiral Full Turn L, Walks Fwd

1 2& 1/4L, Lunge RF to R Side (1), Recover on LF (2), Step RF next to LF (&) (3.00)
3&4& Point LF to L Side (3), 1/4L, Step LF Next to RF (&), Point RF to R Side (4), Step RF next to
LF (&) (12.00)
5&6 Step LF fwd (5), Pivot 1/2R, Step RF in place (&), Step LF fwd (6) (6.00)
7 Step RF fwd, make a full spiral turn L (7)
8& Step LF fwd (8), Step RF fwd (&)

*** Restart Here on Wall 3 (facing 6.00)

During Wall 3, Dance up to 16C, and change step for last Count into Point RF to R Side (“&”)

Section 3 : Basic NC, Basic NC, 1/4R Back & Sweep, Back & Sweep, 1/2L Fwd, 1/2L Walks Around

1 2& Take a long step LF to L Side (1), Step RF slightly behind LF (2), Cross LF over RF (&)
3 4& Take a long step RF to R Side (3), Step LF slightly behind RF (2), Cross RF over LF (&)
5 6 1/4R, Step LF back, Sweep RF front to back (5), Step RF back, Sweep LF front to back (6)
(9.00)
7&8& 1/2L, Step LF fwd (7) (3.00), Walk RF, LF, RF, Make 1/2L (&,8,&) (9.00)

Section 4 : Fwd, Hitch, Pivot 1/4L, Prissy Walks, Rocking Chair, Side

1 2& Step LF fwd, Hitch RF (1), Step RF fwd (2), Pivot 1/4L, Step LF in place (&) (6.00)
3 4 5 Step RF fwd, slightly cross (3), Step LF fwd, slightly cross (4), Step RF fwd, slightly cross (5)
6&7& Rock LF fwd (6), Recover on RF (&), Rock LF back (7), Recover on RF (&)
8 Step LF to L Side (8)

Start again...

Thank you for enjoying the dance

Best Regards,

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