

# 100 Years From Now

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Improver east coast swing  
編舞者: Max Perry (USA)  
音樂: 100 Years From Now - Huey Lewis & The News



## STEP FORWARD, KICK BALL CHANGE, STEP FORWARD, ROCK FORWARD, COASTER STEP

1            Step left forward  
2&3        Kick right forward, rock right back, step left in place (recover)  
4-5-6      Step right forward, rock left forward, step right in place (recover)  
7&8        Step left back, step right back next to left, step left forward (coaster step)

## FORWARD ROCK STEP, TURN ¼ RIGHT, SIDE SHUFFLE, WEAVE

1-2        Rock right forward, step left in place (recover)  
3&4        Turn ¼ right as you do a right shuffle to right side right, left, right  
5-6-7-8    Cross left over right, step right to right side, cross left behind right, step right to right side

## CROSS ROCK, LEFT SIDE SHUFFLE, WEAVE

1-2        Cross rock left over right, step right in place (recover)  
3&4        Left shuffle to left side - left, right, left  
5-6-7-8    Cross right over left, step left to left side, cross right behind left, step left to left side

## CROSS ROCK, RIGHT SIDE SHUFFLE, WALK AROUND TURN, LEFT SIDE SHUFFLE

1-2        Cross right over left, step left in place (recover)  
3&4        Right shuffle to right side - right, left, right (turn toe out on 3rd step of shuffle to get ready to turn)  
5-6        Step left forward & across right turning right, step right in place (recover) finishing 1 full turn in place  
7&8        Left shuffle to left side - left, right, left

## KICK, KICK, SAILOR SHUFFLE, KICK, KICK, SAILOR SHUFFLE

1-2        Kick right in front of left, kick right to right side (forward diagonal)  
3&4        Cross right behind left, step left to left side, step right in place (sailor shuffle)  
5-6        Kick left in front of right, kick left to left side (forward diagonal)  
7&8        Cross left behind right, step right to right side, step left in place

## CROSS ROCK, SIDE SHUFFLE, CROSS, STEP BACK TURNING ½ LEFT, SIDE SHUFFLE

1-2        Cross rock right over left, step left in place (recover)  
3&4        Right shuffle to right side - right, left, right  
5-6        Cross step left over right turning ¼ left, step right back turning ¼ left - traveling to the right  
7&8        Left shuffle to left side - left, right, left

## CROSS ROCK, SIDE SHUFFLE, CROSS, STEP BACK TURNING ½ LEFT, SIDE SHUFFLE

1-2        Cross rock right over left, step left in place (recover)  
3&4        Right shuffle to right side - right, left, right  
5-6        Cross step left over right turning ¼ left, step right back turning ¼ left - traveling to the right  
7&8        Left shuffle to left side - left, right, left

## STEP FORWARD, HOLD, STEP FORWARD, HOLD, STEP FORWARD, FORWARD, SHUFFLE FORWARD

1-2        Step right forward, hold  
3-4        Step left forward, hold  
5-6        Step forward right, left  
7&8        Right shuffle forward - right, left, right

REPEAT

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