

1,000 Miles

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Shelley Lindsay (UK)
音樂: A Thousand Miles - Vanessa Carlton



Sequence: ABC ABC C A* A Tag B1 B B* C C*

PART A (48 COUNTS)

KICK BALL CHANGE, WALK, WALK, STEP PIVOT, PIVOT TOUCH

- 1&2 Kick left foot forward, step left back, step right in place
3-4 Walk forward on left, walk forward on right (with attitude!)
5-6 Step forward on left, pivot ½ turn right transferring weight to right
7-8 Step forward on left, pivot ½ turn right touching right in front of left

COASTER STEP, LOCK STEPS FORWARD, FORWARD COASTER, LOCK STEPS BACK

- 9&10 Step back on right foot, step left next to right, step forward on right
11&12 Step forward on left, step right behind left, step forward on left
13&14 Step forward on right, step left next to right, step back on right
15&16 Step back on left, step right across left, step left back

ROCK AND ROCK, WALK, WALK PIVOT TURN

- 17-18 Rock back on right, rock forward on left
&19-20 Step right next to left, rock back on left, rock forward on right
21-22 Walk forward on left, walk forward on right (with attitude!)
23&24 Step forward on left, pivot ½ turn right, complete another ½ turn stepping back on left

SWEEPING SAILOR, ¼ TURNING SAILOR, KICK AND TOUCH, ¼ SAILOR

- 25&26 Sweep right foot as you step back on it, step left to side, step right to side
27&28 Step left behind right, step right to right side, step left forward as you ¼ left
29&30 Kick right foot forward, step right in place, touch left to side
31&32 Step left behind right, step right to right side, step left forward as you ¼ left

KICK, OUT OUT IN CROSS, ½ TURN, CROSS SHUFFLE

- 33&34 Kick right foot forward, step right to right side, step left to left side
&35-36 Step right in towards left, cross left over right, step right to right side
37&38 ¼ turn right stepping forward on left, ¼ right stepping right in place, step left over right
&39-40 Step right to right side, step left across right, step right to right side

FULL TURN RIGHT, SIDE SHUFFLE STEP TOUCH, JAZZ KNEE OUT IN

- 41&42 ¼ turn right stepping forward on left, ½ turn right stepping forward on right, ¼ turn right stepping left to side
&43-44 Step right next to left, step left to left side, touch right next to left
45-46 Touch right foot out to side turning knee out
47-48 Slide right foot in towards left, touch right in place

PART B (32 COUNTS)

FULL TURN, TOUCH, STEP FULL MONTEREY ROCK AND CROSS

- 1&2 Step forward on right, ½ right stepping back on left, ½ right stepping forward on right
3-4 Touch left toes to left side, cross left forward and slightly over right
5-6 Touch right to right side, on left foot turn 360o right stepping on right
7&8 Rock out on left, step right in place, cross left over right

ROCK ROCK AND STEP TOUCH, ROCK FORWARD BACK, SIDE SHUFFLE ¼ TURN

- 9-10 Rock right to right side, step left in place
- &11-12 Step right in place, step out on left, touch right toes next to left instep
- 13-14 Rock forward on right crossing over left, rock back on left foot
- 15&16 Step right to right side, step left next to left, ¼ right stepping forward on right

1 ¼ TURN RIGHT, TOGETHER FORWARD RIGHT SHUFFLE SYNCOPATED ROCKING CHAIR

- 17-18 ½ right stepping back on left, ½ right stepping forward on right
- 19&20 ¼ right stepping out on left, step right next to left, step forward on left
- 21&22 Step forward on right, step left next to right instep, step forward on right
- 23& Rock forward on left, rock back on right
- 24& Rock back on left, rock forward on right

STEP HOLD, PIVOT HOLD, TOUCH TO SIDE WITH ARM CIRCLE

- 25-26 Step forward on left, hold
- 27-28 Pivot ½ turn right, hold
- 29 Touch left toes to left side, at same time right arm is bent at elbow with hand in front of left shoulder
- 30 Move right hand down to waist level, then straighten arm and bring out to right side
- 31-32 Lift right arm straight up vertically, bend at elbow as you bring right hand down in front of left shoulder (where it started)

PART C (8 COUNTS)

CROSS ROCK SIDE, ½ TURN RIGHT, CROSS ROCK SIDE, CROSS AND SIDE

- 1&2 Cross rock left over right, rock back on right, step left to left side
- 3&4 Cross right over left, ¼ right stepping back on left, ¼ right stepping right to side
- 5&6 Cross rock left over right, rock back on right, step left to left side
- 7&8 Cross right over left, rock left to left side, step right in place

PART A*

Dance the first 32 counts of part A, as part A starts on the left foot:

- 31&32 Step left behind right, step right to right side, ¼ left touching left in place

TAG (2 COUNTS)

There is a 2 count pause in the music, hold for two counts. (count one, two in your head!)

PART B1

Instead of touching left to side on count 29, step to the left side (Part B begins again on the right)

PART B*

Dance again the last 8 counts of part B (step hold pivot holds, touch left with arm circle)

PART C*

Instead of dancing the last two counts (7 & 8) dance

- 7-8 Cross right over left, sweep left foot as your turn to face the front.

You will end exactly as the music ends
