

# 1000 Years (Or More)

**COPPER** KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Martin Ritchie (UK)  
音樂: A Love Worth Waiting For - Shakin' Stevens



Dedicated to my friends in Singapore, who suggested I write to this old classic for my workshop on 24th October 2001. Particular thanks to Robin Sin who gave me the Shakin Steven's CD

## **FORWARD, TOUCH, SIDE, TOGETHER, BACK, TOUCH, SIDE, TOGETHER**

1-2            Step forward on right, touch left together  
3-4            Step left to side, step right together  
5-6            Step back on left, touch right together  
7-8            Step right to side, step left together

## **FORWARD, TAP, ¼ RIGHT, FORWARD, TAP, ¼ LEFT**

1-2            Step forward on right, tap left toe behind right heel  
3-4            Step back on left turning ¼ right, step right to side  
5-6            Step forward on left, tap right toe behind left heel  
7-8            Step back on right turning ¼ left, step left to side

## **CROSS-STRUT, SIDE-STRUT, JAZZ BOX ¼ RIGHT**

1-2            Touch right toe across in front of left, drop right heel to take weight  
3-4            Touch left toe to side, drop left heel to take weight  
5-6            Cross step right over left, step back on left  
7-8            Turn ¼ right stepping right to side, step forward on left

## **CROSS-STRUT, SIDE-STRUT, JAZZ BOX**

1-2            Touch right toe across in front of left, drop right heel to take weight  
3-4            Touch left toe to side, drop left heel to take weight  
5-6            Cross step right over left, step back on left  
7-8            Step right to side, step forward on left

## **REPEAT**

You will end with the music doing the jazz box 17-24. Do not do the ¼ turn to end facing the front.

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