

A Long Journey

COPPERKNOB
BY STEPHEN HETS

拍數: 0 牆數: 2 級數: Phrased Intermediate
編舞者: May Wah Ong (MY) - June 2008
音樂: Thousands Miles Of Arduous Journey (千山萬水) - Jay Chou (周杰倫) : (CD - for Olympics 2008)



Intro: 16 counts

Optional Intro:

1 - 4 Step RF to right, LF touch next RF, Step LF to left, touch RF next to LF

Raise arms above head, wave from left to right(1 -2), then back to left (3-4)

Repeat above 3 more times

Start on vocals

S1: RIGHT FULL TURN BACK, POINT, STEP, SIDE ROCK CROSS (2X), POINT, BACK LOCK STEP

1& Turn ½ turn right stepping forward on RF, ½ turn right by stepping back on LF,
2& step back on RF, LF point & tap forward
3&4& Step down LF, RF rock to right, recover on LF, RF cross over LF
5&6& LF rock to left, recover on RF, LF cross over RF, point RF to right
7&8 Step back on RF, Lock LF in front of RF, Step back on RF [12]

S2: STEP, SWEEP, STEP, SWEEP, ROCK FWD, RECOVER, ½ TURN LEFT, STEP FWD, ROCK FWD , RECOVER, STEP BACK, SWEEP, BEHIND, SIDE, CROSS, SWEEP

1&2& Step forward on LF, sweep RF fwd, step forward on RF, sweep LF fwd
3&4& LF rock forward, recover, ½ turn left stepping LF forward, step forward on RF [6]
5&6& LF rock forward, recover on RF , step back on LF, sweep RF back **2nd Restart here
7&8& RF step behind LF, step LF to side, RF cross, sweep LF fwd

S3: CROSS, SIDE, BEHIND, SWEEP, ROCKING CHAIR, BACK LOCK STEP, TOUCH, SIDE, TOGETHER, ¼ TURN LEFT

1&2& LF cross in front of RF, RF step to side , LF step behind RF, sweep RF back
3&4& rock back on RF, recover on LF, rock RF forward, recover on LF *1st Restart here
5&6& Step back on RF, lock LF in front of RF, step back on RF, tap LF in front of RF
7&8 Step LF to side, close RF next to LF, LF forward turning ¼ left, (sweep RF fwd) [3]

S4: CROSS ROCK, SIDE ROCK, MODIFIED SAILOR WITH A TOUCH, HOOK, LOCK STEP RIGHT DIAGONAL, LOCK STEP LEFT DIAGONAL, TOUCH

1&2& RF cross rock over LF, recover on LF, RF rock to side, recover on LF,
3&4& RF step behind LF, LF step to left making ¼ turn right , RF touch forward, hook RF (fig 4) in front of L [6]
5&6 RF step diagonally forward, LF lock behind RF, RF step diagonally forward
&7&8 LF step diagonally forward, RF lock behind LF , LF step diagonally forward, touch RF next to LF

TWO Restarts:

1. * During 2nd wall, after count 20& (after count 4& in Section 3)
2. **During 4th wall, after count 14 (after count 6 in section 2)

TWO Tags

1. After 5th wall, do tag 2X (4 counts)

2. After 6th wall do tag 1X (2 counts)

(1 - 2) Sway right, sway left

(Optional arm movement - Raise arms above head and wave from left to right, then back to left)

Sequence: 32, 20, 32, 14, 32, Tag 2x, 32, Tag, 32, (another 12 counts to end)

Note: It's not as difficult as it looks
