

A Thousand Years

COPPERKNOB
BY STEPHEN BRETZ

拍數: 96 牆數: 4 級數: Intermediate waltz
編舞者: Yeo Yu Puay (MY) - February 2012
音樂: A Thousand Years - Christina Perri : (Album: The Twilight Saga: Breaking Dawn
— Part 1: Original Motion Picture Soundtrack)



Intro: 48 counts (approx. 138bpm)

[1-6] Forward & Back Basics with $\frac{1}{4}$ turn

1-2-3 Step R forward(1), stepping L beside R, turn $\frac{1}{4}$ left(2), step R beside L(3) (9.00)
4-5-6 Step L back(4), stepping R beside L, turn $\frac{1}{4}$ left(5), step L beside R(6) (6.00)

[7-12] Forward Basic, Sailor step with $\frac{3}{4}$ turn

1-2-3 Step R forward(1), step L beside R(2), step R beside L(3)
4-5-6 Stepping L behind R, turn $\frac{1}{4}$ left(4), turning $\frac{1}{4}$ left, step R beside(5), turning a further $\frac{1}{4}$ left,
step L slightly forward(6) (9.00)

[13-18] Twinkles (R & L)

1-2-3 Cross R over L(1), step L beside R(2), step R beside L(3)
4-5-6 Cross L over R(4), step R beside L(5), step L beside R(6)

[19-24] Forward Basic, Back Basic with $\frac{1}{2}$ turn

1-2-3 Step R forward(1), step L beside R(2), step R beside L(3)
4-5-6 Step L back(4), stepping R beside L, turn $\frac{1}{2}$ right(5), step L beside R(6) (3.00)

[25-30] Slide drag, Full turn left (moving left)

1-2-3 Slide R to right(1), drag L toe towards R, preparing shoulders for upcoming turn(2-3)
4-5-6 Turning $\frac{1}{4}$ left, step L forward(4), turning $\frac{1}{4}$ left, step R to right(5), turning a further $\frac{1}{2}$ left,
step L to left(6) (3.00)

[31-36] Cross $\frac{1}{2}$ hinge, Weave

1-2-3 Cross R over L(1), turning $\frac{1}{4}$ right, step L back(2), turning $\frac{1}{4}$ right, step R beside L(3) (9.00)
4-5-6 Cross L over R(4), step R to right(5), step L behind R(6)

[37-42] $\frac{1}{4}$ turn step sweep, L twinkle

1-2-3 Turning $\frac{1}{4}$ right, step R forward(1), sweep L from back to front(2-3) (12.00)
4-5-6 Cross L over R(4), step R beside L(5), step L beside R(6)

[43-48] R twinkle, Forward $\frac{1}{2}$ pivot

1-2-3 Cross R beside L(1), step L beside R(2), step R beside L(3)
4-5-6 Step L forward(4), step R slightly forward(5), turn $\frac{1}{2}$ left, shifting weight onto L) (6.00)

[49-54] Forward Basic into diagonal, Back Basic to centre

1-2-3 Step R forward into the left diagonal(1), step L beside R(2), step R beside L(3) (4.30)
4-5-6 Step L back to centre(4), step R beside L(5), step L beside R(6)

[55-60] Forward Basic with $\frac{1}{2}$ turn, Back Basic with touch

1-2-3 Step R forward toward 6.00(1), turning $\frac{1}{4}$ right, step L beside R(2), turning $\frac{1}{4}$ right, step R
beside L(3) (12.00)
4-5-6 Step L back(4), Step R beside L(5), Touch L beside R(6)

(RESTART here on WALL 2 (facing 3.00): change the touch on (6) to a L step beside R and start from beginning)

[61-66] Slide drag, Full turn right (moving right)

1-2-3 Slide L to left(1), drag R toe towards L, preparing shoulders for upcoming turn(2-3)
4-5-6 Turning ¼ right, step R forward(4), turning ¼ right, step L to left(5), turning a further ½ right, step R to right(6) (12.00)

[67-72] Cross ½ hinge, Weave

1-2-3 Cross L over R(1), turning ¼ left, step R back(2), turning ¼ left, step L beside R(3) (6.00)
4-5-6 Cross R over L(4), step L to left(5), step R behind L(6)

(Note: Counts 60-72 are mirror image of counts 25-36)

[73-78] Slide drag, 1¼ turn

1-2-3 Slide L to left(1), drag R toe towards L, preparing shoulders for upcoming turn (2-3)
4-5-6 Turning ¼ right, step R forward(4), turning ½ right, step L slightly back(5), turning ½ right, step R slightly forward(6) (9.00)

[79-84] Forward Basics (L & R)

1-2-3 Step L forward(1), step R beside L(2), step L beside R(3)
4-5-6 Step R forward(4), step L beside R(5), step R beside L(6)

[85-90] Forward kick, Back point

1-2-3 Step L forward(1), kick R forward(2), hold(3)
4-5-6 Step R back(4), point L toe back(5), hold(6)

[91-96] Hand movements with ½ unwind

1-2-3 With palms facing up, cross hands at chest level and spread out hands to the respective sides over 3 counts(1-3)
4-5-6 Turn palms down and bring in hands to hug yourself(4-5), unwind ½ left with weight ending on L(6) (3.00)

Start again!

Note: Restart on Wall 2 after count 60 (change touch to a step for the restart)

Optional Ending: On wall 7, dance up to count 47 then turn ¼ left to face front, step R across L and strike a pose..... and smile! :D

Contact Yu Puay: yeoy95@gmail.com
