

# A Thousand Years

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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**

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