

A Thousand Years Later

COPPER KNOB
BY STEPHEN

拍數: 36 牆數: 4 級數: Improver / Intermediate
編舞者: Wendy Loh (MY) - March 2013
音樂: A Thousand Years Later (一千年以後) - JJ Lin (林俊傑)



Dance starts after 16 counts

Section 1 : Basic Nightclub R then L, ½ R Step, Side, Behind , Side, Cross Rock Recover, Side

1,2& Step RF to R, Rock LF behind RF, Recover on RF
3,4& Step LF to L, Rock RF behind LF, Recover on LF (12:00)
5,6&7 Turn ½ R & Step RF forward, Step LF to side, Cross RF behind LF, Step LF to side (6:00)
8&1 Cross Rock RF over LF, Recover on LF, Step RF to side

Section 2 : Cross back, Side, Cross front, Side, Cross Rock Recover, Side, Cross Rock Recover, Side, Forward Rock Recover, ½ L Step

2&3& Cross LF over RF, Step RF to side, Cross LF behind RF, Step RF to side (6:00)
4&5 Cross Rock LF over RF, Recover on RF, Step LF to side
6&7 Cross Rock RF over LF, Recover on LF, Step RF to side
8&1 Rock LF forward, Recover on RF, Turn ½ L & Step LF forward (12:00)

Section 3 ; 1½ L Turn, Coaster Step, Walk, Walk, Forward, Rock Recover, ½ R Step

2&3 Turn ½ L & Step RF back, Turn ½ L & Step LF forward, Turn ½ L & Step RF back (6:00)
4&5 Step LF back, Step RF together, Step LF forward,
6,7 Step RF forward, Step LF forward,
8&1 Rock RF forward, Recover on LF, Turn ¼ R & Step RF to side (9:00)

Section 4 : Forward Rock Recover, Coaster Cross Step, Press Step, Full Turn, Side, Behind, Side

2& Rock LF forward, Recover on RF, (9:00)
3&4 Step LF back, Step RF together, Cross LF over RF
5,6 Press step RF diagonally forward, On ball of LF Turn L to make a full turn
7,8& Step RF to side, Cross LF behind RF, Step RF to side

Section 5 : Cross Rock Recover, Side, Cross, Touch (4 COUNT)

1,2& Cross Rock LF over LF, Recover on RF, Step LF to side (9:00)
3,4 Cross RF over LF, Step LF beside RF

Tag After Wall 4 (12:00)

1-4 Bounce lightly on both feet with both hands slowly raised from the side
5,6,7 Step LF forward, Step RF forward, Step LF forward,
8&1 Rock RF forward, Recover on LF, Turn ¼ R & Step RF to side (3:00)

... and Continue with Section 4

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