

A Thousand Times

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 1 级数: Phrased Intermediate
编舞者: GoWildWest Isabel (CH) - April 2025
音乐: A Thousand Times - We Are Messengers & Cochren & Co.



Phrased: AB Tag BBB* Tag A* BB

2 Tag: Teeter

Intro: you can do the tag... or wait 16 counts until he sings

A

A 1: 2x Teeter / Cross Side Rock ¼ / Step Turn Slide ¾

1+2 weight on RF, weight on LF, RF slide right
+ LF hold
3+4 weight on LF, weight on RF, LF slide left
+ RF drag
5+6 RF cross infront, LF step left turn ¼ R, RF step fwd (3:00)
+ LF drag
7+8 LF fwd, turn ½ R weight on RF, turn ¼ R and LF step left (12:00)
+ RF drag

A 2: Cross Behind & Rock Recover ¼ / 5/4 / Teeter / Toe Strut ½

1+2 RF cross behind, turn ¼ L and LF rock fwd, weight on RF (9:00)
+ hold
3+4 turn 4/4 L (LF, RF), turn ¼ L with LF slide left (6:00)
+ hold
5+7 weight on RF, weight on LF, RF slide right
+ LF drag
7+8 LF toe back, turn ½ L and LF strut (12:00)
+ RF drag

B

B 1: 2x Walk & Scuff / Step-Touch-Back-Kick / Shuffle Back / Tripple Turn

1+2+ walk fwd: RF step, LF scuff, LF step, RF scuff
3+4+ RF step, LF toe behind, weight on LF, RF kick
5+6 RF back, LF close, RF back
7+8 Fullturn L: LF, RF, LF (optional: coaster step)

B 2: Vine R / Vine L / Side Touch in a Turn

1+2+ RF right, LF cross behind, RF right, LF scuff (12 :00)
3+4+ LF left, RF cross behind, LF turn ¼ L, RF scuff (9:00)
5+ RF fwd, turn ¼ L and LF touch (9:00)
6-8 keep going with turn 1/3 L (12:00)

B 3: 2x Toe-Heel-Stomp ½ / Heel-Stomp, Jump Back & Kick

1+2 RF toe behind, turn ¼ R and RF heel, turn ¼ and RF step
3+4 LF toe behind, turn ¼ R and LF heel, turn ¼ and LF step
5+6 +6 RF heel stomp up, jump back on RF and LF kick, jump fwd on LF
+7+ REPEAT 5+6
8+ 2x RF stomp up

B 4: ½ L Heel & Toe Turning, Stomp / ¼ Pivot Turn / ¼ Step Scuff Turn

1-7 Heel, Toe, Toe, Heel, Heel, Toe, Toe, Heel – do this in a ½ turn L

- 8 RF stomp fwd (6:00)
- 1-4 turn slowly $\frac{1}{4}$ L
- 5-8 RF step, LF scuff, RF step, LF scuff – do this in a $\frac{1}{4}$ turn L (12:00)

Last Update: 12 Apr 2025
