

Yi Qiān Gè Shāngxīn De Lǐyóu (一千个伤心的理由)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Siske Natali (INA) & Erna Yong (INA) - June 2025
音乐: Yi Qian Ge Shang Xin De Li You (一千个伤心的理由) - Da Huan (大歡)



SECT 1 – FORWARD WITH HITCH – RUN BACK R – L - BACK SWEEP CROSS – SIDE – CROSS ROCK – RECOVER - TURN ¼ LEFT

- 1- 2& Step L forward hitching R, Step R back, Step L back
- 3 - 4& Step R back with sweep L, From front to back, Cross L behind R, Step R to side
- 5 - 6& Cross rock L over R, Recover on R, Turn 1/4 left step L forward
- 7 - 8& Turn ½ left step R Back, Turn 1/2 Left step L Forward , Step R forward (9.00)

SECT 2 – FORWARD ROCK – BACK SHUFFEL WITH SWEEP R – L – CROSS BEHIND – SIDE – CROSS ROCK - RECOVER – TURN ¼ RIGHT

- 1- 2& Rock L forward, Step R back, Step L together
- 3 - 4& Step R back with sweep L from front to back, Step L back, Step R together
- 5 - 6& Step L back with sweep R from front to back, Cross R behind L , Step L to side
- 7 - 8& Cross rock R over L, Recover on L, Turn 1/4 right step R forward (12.00)

SECT 3 – FORWARD – SPIRAL – TURN ¼ LEFT – NIGHT CLUB R – L – SWAY R – L - R

- 1 - 2& Step L forward, Step R forward make full turn left (weight on R), Step L forward
- 3 - 4& Turn ¼ left step R to side (9.00), Step L slightly back, Cross R over L
- 5 - 6& Step L to side, Step R slightly back, Cross L over R
- 7 - 8& Sway R , Sway L, Sway R

SECT 4 – SIDE – CROSS BEHIND – SIDE – CROSS ROCK - RECOVER - SIDE – CROSS ROCK – RECOVER – TURN ¼ LEFT – ROCK FORWARD - RECOVER - BESIDE

- 1- 2& Step L to side , Cross R behind L, Step L to side
- 3 - 4& Cross R over L, Recover on L, Step R to side
- 5 - 6& Cross L over R, Recover on R, Turn 1/4 Left step L forward
- 7 - 8& Rock R forward, Recover on L, Step R beside L

Tag : wall 4 after 16 counts

- 1- 2 step L to side with Sway hip to left, Sway hip to right.

Restart : wall 7 after 28 counts with step Change on Count "&" Turn 1/8 left step R beside L

(On wall 8 dance start 12.00)

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Pekan Baru line dance community (PLDC)

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