

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

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Siske Natali (INA) & Erna Yong (INA) - June 2025
音樂: 一千个伤心的理由



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

1 Step L forward hitching R
2 & 3 Step R back, Step L back, Step R back with sweep L From front to back
4 & 5 Cross L behind R, Step R to side, Cross rock L over R
6 & 7 Recover on R, Turn ¼ left step L forward (9.00), Turn ½ left step R Back
8& Turn ½ left step L forward, Step R forward

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

1 Rock L forward
2 & 3 Step R back, Step L together, Step L together, Step R back with sweep L front from to back
4 & 5 Step L back, Step R together, Step L back with sweep R from front to back
6 & 7 Cross R behind L, Step L to side, Cross rock R over L
8& Recover on L, Turn ¼ righ step R forward (12.00)

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

1 Step L forward
2 & 3 Step R forward make a full turn left (weigh on R) Turn ¼ left step R to side (9.00)
4 & 5 Step L Slightly back Cross R over L, Step L to side
6 & 7 Step R slightly back, cross L over R, Sway R
8& 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 Step L to side
2 & 3 Cross R behind L, Step L to side, cross R over L
4 & 5 Recover on L, Step R to side, Cross L over R
6 & 7 Recover on R, Turn ¼ left step L forward, Rock R forward
8& Recover on L, Step R beside L

Tag : wall 4 after 16 counts

1- 2& Turn 3/4 righ step R to side ,Sway hip to left,Sway hip to right.

Restart : wall 7 after 28 counts

Step change : Turn 1/8 left step R beaide L
(On wall 8 dance star 12.00)

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Pekan Baru line dance community (PLDC)

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