

One Thousand Reasons For Sorrow

(一千个伤心的理由)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate NC2S
編舞者: Heru Tian (INA) - July 2025
音樂: Yi Qian Ge Shang Xin De Li You (一千個傷心的理由) - Jacky Cheung (張學友)



****1 Tag, 2 Restarts**

*****Tag 4C at the end of Wall 8 facing 12.00**

Tag : Prissy Walks

1234 Step RF Fwd slightly cross over LF (1), Step LF Fwd slightly cross over RF (2), Step RF Fwd slightly cross over LF (3), Step LF Fwd slightly cross over RF (4)

*****Restart : During Wall 4 , dance up to 16C and do 2C Step Change :
Side Rock, 1/4L Recover, Back**

*****Restart : During Wall 7 , dance up to 28C
And make 1/8R for Restart facing 6.00**

Section 1 : Fwd/Arabesque, Runs Fwd, Fwd Mambo, Rock Back, 3/4R Runs Around

1 Step RF Fwd, Lift LF behind RF/ Arabesque (1)
2&3 Runs Fwd LF, RF, LF (2&3)
4&5 Rock RF Fwd (4), Recover on LF (&), Step RF Back (5)
6& Rock LF Back (6), Recover on RF (&)
7&8& 1/8R, Step LF Fwd (7), 1/4R, Step RF Fwd (&), 1/4R, Step LF Fwd (8), 1/8R, Step RF Fwd (&) (9.00)

Section 2 : Cross, Side, Behind, Big Step Side, Drag/Touch, 1/2L Diamond Fall Away

1 Cross LF over RF (1)
2&34 Step RF to R Side (2), Cross LF behind RF (&), Take a long step RF to R Side (3), Drag LF towards RF, Touch LF beside RF (4)
56& Take a long step LF to L Side (5), 1/8R, Step RF Back (6), Step LF Back (&) (10.30)
78& 1/8R, Take a long step RF to R Side (7) (12.00), 1/8R, Step LF Fwd (8), Step RF Fwd (&) (1.30)

*****Restart : During Wall 4 , dance up to 16C and do 2C Step Change : Side Rock, 1/4L Recover, Back**

Section 3 : Basic NC, Weave, 1/8R Fwd, Pivot 1/2R, Fwd, Fwd Lock Step

12& 1/8R, Take a long step LF to L Side (1), Step RF slightly behind LF (2), Cross LF over RF (&) (3.00)
34& Step RF to R Side (3), Cross LF behind RF (4), Step RF to R Side (&)
56& 1/8R, Step LF Fwd (5) (4.30), Pivot 1/2R, Step RF in place (6) (10.30), Step LF Fwd (&)
7&8 Step RF Fwd (7), Lock LF behind RF (&), Step RF Fwd (8)

Section 4 : Prissy Walks, Fwd Mambo, 1/8L Basic NC, Side Rock, 1/4L Recover, Back

12 Step LF Fwd slightly cross over RF (1), Step RF Fwd slightly cross over LF (2)
3&4 Rock LF Fwd (3), Recover on RF (&), Step LF Back (4)
*****Restart Here : During Wall 7 , dance up to 28C , And make 1/8R for Restart facing 6.00**
56& 1/8L, Take a long step RF to R Side (5), Step LF slightly behind RF (6), Cross RF over LF (&) (9.00)
7&8 Rock LF to L Side (7), 1/4L, Recover on RF (&), Step LF Back (8) (6.00)

Start the dance again..

Best Regards,
Herutian79@gmail.com
