A Thousand Years

CHOREO: Paula & Warwick Armstrong, 18 Curlew Court, Tamborine, QLD 4270, Australia, e-mail: splash_in@bigpond.com

MUSIC: "A Thousand Years" by Jaelyn Thomas - CD "LatinMusic 10" - Track #16 - Download from CASA MUSICA

FOOTWORK: Opposite, unless noted (woman's footwork in parentheses)

RHYTHM: RUMBA PH IV+1 (Full Natural Top)

SEQUENCE: Intro, A, B, C, D, B, End Difficulty Level: Average

INTRO

1-4

IN SKATERS/WALL WAIT; WAIT; CROSS BODY to COH;;
1-2 In Skaters facing the Wall / Both with the Left Foot Free Wait ;
[Cross Body-same footwork] In skaters rk fwd L, rec R trng ¼ LF to fc LOD, sd COH L, - ;
3 Rk bk R , rec L trng ¼ LF to fc COH, sd and fwd R to SKATERS/COH, -:;
5-8 CROSS BODY to WALL;; TIME & SPOT/LADY IN 2 SLOWS TO FC; AIDA:
[Cross Body-same footwork] In skaters rk fwd L, rec R trng ¼ LF to fc RLOD, sd WALL L, - ;
6 Rk bk R , rec L trng ¼ LF to fc WALL, sd and fwd R to SKATERS/WALL, -:;
7 QQS (SS)7 [Time & Spot/Lady in 2 slows] release hnds XLIB of R, rec R, sd L (W XLIF of R trng RF,-rec R to fc ptr ) to BFY/WALL, - : now with opposite footwork
8 [Aida] thru R trng RF, sd L cont RF turn, bk R to V bk to bk pos, - ;

PART A

1-4

HIP RK 3; SIDE WALK 3; HAND TO HAND; THRU TO SERPIENTE;
1 [Hip Rk 3] rk fwd on L roll hip fwd, rec bk on R roll hip bk, rk fwd on L roll hip fwd, swiv on L to fc ptr & pt R sd;
2 [Side Wlk 3] sd R, cl L, sd R, - ;
3 [Hand to Hand] Opening out to fc LOD bk L, rec R to fc ptr, sd L, - ;
4 [Thru Serpiente] thru LOD R trng RF (W LF) to Bfly Wall, sd LOD L, XRIB of L (both XIB) remaining in Bfly, ronde L ft CCW (W ronde R ft CW);
5-8 continue SERPIENTE; FENCE LINE; ALEMANA TO Loose CP/WALL;;
5 [continue Serpiente] XLIB of R (both XIB), sd RLOD R, thru RLOD L, ronde R ft CCW (W ronde L ft CW);
6 [Fence line] XRIF of L with soft knee toward LOD look LOD, rec L to fc ptrn, sd R, -:;
7 [Alemana] Rk fwd L, rec R, cl L (W rk bk R, rec L, sd & fwd R) raising joined M's L & W's R hnds to indicate RF trn for W, - ;
8 bk R, rec L, sd R (W XLIF of R comm.RF trn, fwd R cont trn, sd & fwd L) to loose CP/Wall, -:;

9-12 BREAK BK to ½ OP; OP IN & OUT RUN;; SPOT TURN to a Rt HANDSHAKE;
9 [Break bk to ½ OP/LOD] Rk bk L to fc LOD, rec R, fwd L (W rk bk R in M's R arm to fc LOD, rec L, fwd R), - ;
10 [Open In & Out Run] Fwd R, fwd & acrs W L to fc RLOD, trng to fc LOD fwd R in L ½ OP (W fwd LOD L, fwd R between M's ft, fwd L), -:;
11 Fwd LOD L, fwd R between W's ft, fwd L to ½ OP (W fwd R, fwd & acrs M L, trng to fc LOD fwd R), - ;
12 [Spot trn] XRIF of L trng ½ LF, rec L trng LF to fc ptr, sd R to a Rt Handshake, -:;

PART B

1-5

FLIRT TO FAN;; START A HOCKEYSTICK to TANDEM/WALL;
[Flirt to Fan] Rt hnds joined fwd L, rec R, cl L leading W to trn ½ LF (W bk R, rec L comm. LF trn, cont trn fwd & sd R) to VARSOU pos, -:;
2 Bk R, rec L, sd R (W bk L, rec R, sd L moving in front of M & trng1/4 LF to fan pos), -:;
3 [start a Hockeystick to Tandem/Wall] Fwd L, rec R, releasing jnd ld hnds cl L to R and check W on her R hip with M's R hnd (W cl R to L, fwd L, fwd R trng LF to face wall ) to both face wall in tandem, -:;
4 [Hip Rocks Twice & lady peeks] move through hips rk sd R, rk sd L, rk sd R (W move through hips rk sd L, rk sd R, rk sd L trng upper body slightly RF to look at man), - ;
5 move through hips rk sd L, rk sd R, rk sd L (W move through hips rk sd R, rk sd L, rk sd R trng upper body slightly LF to look at man), - ;
PART B cont’d

6-8  
FINISH THE HOCKEYSTICK to BFY/DRW; CHK FWD/ LADY DEVELOPE;  
AIDA MAN BACKING UP;  

6  
[Hockeystick ending] Bk R trng slightly RF, rec L, sd & fwd R DRW following W  
(fwd L DRW, fwd R DRW trng ½ LF to fc M, bk L) to BFY/DRW, -;  

S  -  7  
[Check Fwd / Lady Develope] Chk fwd L outside partner to BFLY/SCAR extend arms  
to W, -; Hold (W chk bk R, -; bring left foot up right leg to inside of right knee extend left foot  
forward with the toe pointed down) , -;  

8  
[Man backs into AIDA] bringing joined hands down low and together to lead the lady  
towards the man  bk R, bk L releasing trail hands, bk R (W  fwd L following the man,  
trng LF sd R, cont LF turn bk L) to V bk to bk pos , -;

REPEAT PART A  
REPEAT PART B  

PART C  
1-4  
SLOW SWITCH & REC:  FENCeline;  WHIP BFY/COH;  
LADY SWIVELS 2 SLOWS;  

S S  1  
[Slow Switch & Rec] bk L trng to fce ptrntr joining trail hands, -; rec R, -;  

2  
[Fenceline] XLIF of R with soft knee twd RLOD look RLOD, rec R to fce ptrntr, sd L, -;  

3  
[Whip to BFY/COH] bk R trng LF using trailing hands lead W across twd COH,  
rec L trng to fce COH, sd R (W fwd L, fwd R trng LF, cont trng sd L) to BFY/COH, -;  

S S  4  
[Lady swivels 2 slows] Leaving feet apt brace arms to enable W to swivel  
M rks in place L,-R (W  XRif of L swvl RF, -; XLif of R swvl LF ) , -;

5-9  
FENCE LINE:  WHIP BFY/WALL;  NEW YORKER IN 4;  
SPOT TRN TO BFY;  FAN;  

5  
[Fenceline] XLIF of R with soft knee twd LOD look LOD, rec R to fce ptrntr, sd L, -;  

6  
[Whip to BFY/WALL] bk R trng LF using trailing hands lead W across twd WALL,  
rec L trng to fce WALL, sd R (W fwd L , fwd R trng LF, cont trng sd L) to BFY/WALL, -;  

QQQQ  7  
[New Yorker in 4] Turning RF (W LF) to LOP RLOD rk thru L, rec R trng LF (W RF) to fc ptr,  
rk sd LOD L, rec R;  

8  
[ Spot trn ] XLIF of R trng ½ RF, rec R trng RF to fc ptr, sd L to BFY/WALL, - ;  

9  
[ Fan ] Bk R, rec L, small sd R (W fwd L toward M, sd & bk R trng LF ¼ bk L), -;

PART D  
1-6  
HOCKEYSTICK TO BFY/DRW:: SHOULDER to SHOULDER TWICE::  
NEW YORKER;  SPOT TURN to a Rt HANDSHAKE;  

1  
[Hockeystick] Fwd L, rec R, raising jnd ld hnds high cl L to R  
(W cl R to L, fwd L, fwd R in frnt of M), -;  

2  
Bk R trng slightly RF, rec L, sd & fwd R DRW following W  
(W fwd L RLOD, fwd R DRW trng LOD undr jnd ld hnds to fc M, bk L) to BFY/DRW , -;  

3  
[Sh to Sh Twice] Fwd L to BFLY SCAR, rec R to fc, sd L   (W bk R, rec L to fc, sd R), -;  

4  
Fwd R to BFLY BJO, rec L to fc, sd R   ( W bk L, rec R to fc, sd L), -;  

5  
[New Yorker] Thru L RLOD with straight leg (W thru R), rec R to fc, sd L to BFLY, -;  

6  
[Spot Trn] XRIF of L trng ½ LF, rec L trng LF to fc ptr, sd R to a Rt Handshake, -;

REPEAT PART B  

ENDING  
1-7  
SWITCH ROCK;  SPOT TURN TO BFY;  HALF BASIC;  
FULL NATURAL TOP CP/WALL;;  CORTE & EXTEND;::  

1  
[Switch Rk] Trn LF (RF) rk sd L bfly, rec R, sd & fwd L fc WALL, -;  

2  
[Spot Trn] XRIF of L trng ½ LF, rec L trng LF to fc ptr, sd R to BFY/WALL, -;  

3  
[Half Basic] Making 2 full revolutions thru meas 3- 6 rk fwd LOD L, rec R, sd L comm. RF trn  
(W rk bk R, rec L, fwd R between M’s feet) to CP/RLOD, -;  

4  
[Full Nat’l Top] commencing RF trn XRIF of L, sd L, XRIF of L  (W sd L, XRIF of L, sd L), -;  

5  
sd L, XRIF of L, sd L   (W  XRIF of L, sd L, XRIF of L ), -;  

6  
XRIF of L, sd L, cl L   (W sd L, XRIF of L, cl L) to CP/WALL , -;  

S-  7  
[Corte & extend] corte sd and bk L, -; with if sd stretch ,both slowly extend left arms.