

A Thousand Years

Presented by: Anita Froehlich w/John Sarmiento

CHOREO: Paula & Warwick Armstrong, 18 Curlew Court, Tamborine, QLD 4270, Australia,
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MUSIC: "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) Timing: QQS unless noted, reflects actual weight changes
SEQUENCE: Intro A,B, A,B, C, D, B, End Difficulty Level: Average July 2013 Version 1.1
(7/13 rectified description in ending)

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 ;;
3 [Cross Body-same footwork] In skaters rk fwd L, rec R trng ¼ LF to fc LOD, sd COH L, -;
4 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;
5 [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, -;
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 BFW/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 ptr, 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;
HIP ROCKS (QQS) TWICE & LADY PEEKS;;
1 [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 & trng 1/4 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 ptr join trailing hands, -, rec R, -;
- 2 [Fenceline] XLIF of R with soft knee twd RLOD look RLOD, rec R to fce ptr, 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 ptr, 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 LF 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* XRIB of L, sd L, XRIB of L (W sd L, XRIF of L, sd L), -;
- 5 sd L, XRIB of L, sd L (W XRIF of L, sd L, XRIF of L), -;
- 6 XRIB 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 lf sd stretch, both slowly extend left arms.