

# A Thousand Years

**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 1.0**

## 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 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 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 tandom, - ;  
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 Developpe]** 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 ptrn join trailing hands, -, rec R, -;
- 2 **[Fenceline]** XLIF of R with soft knee twd RLOD look RLOD, rec R to fce ptrn, 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 ptrn, 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, XRIF of L, sd L (W XRIB of L, sd L, XRIB 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.