



# MILLION YEARS AGO

Choreographed by: Julia Wetzel  
64 Count, 2 Wall, Intermediate level line dance  
Music: Million Years Ago by Adele  
Contact: JuliaLineDance@gmail.com



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LINE DANCING WITH ZANDRA

**Intro: 8 counts, on lyrics "Want" approx. 5 sec. into track**

**[1-8] Step, Hold, Walk, Walk, 1/2, Back Rock**

1 - 4 Step R fw (1), Hold (2), Step L fw (3), Step R fw (4) 12:00  
5 - 8 Step L fw (5), 1/2 Turn right on L (6), Rock R back (7), Recover on L (8) 6:00

**[9-16] 3/4, Side, Cross, Side, Hold, Behind Rock**

1 - 4 Step R fw (1), 3/4 Turn left on R (2), Step L to left side (3), Cross R over L (4) 9:00  
5 - 8 Step L to left side (5), Hold (6), Rock R behind L (7), Recover on L (8) 9:00

**[17-24] 1/4, Hitch, Cross, Side, Back, Sweep, Back Rock**

1 - 4 1/4 Turn right step R fw (1), Hitch L (2), Cross L over R (3), Step R to right side (4) 12:00  
5 - 8 Step L back slightly behind R (5), Small sweep of R from front to back (6), Rock R back (7), Recover on L (8) 12:00

**\*Restart here on Wall 2 and 6 facing 6:00**

**[25-32] Walk, Walk, Rock, 1/2, Sweep, Step, Hold**

1 - 4 Step R fw (1), Step L fw (2), Rock R fw (3), Recover on L (4) 12:00  
5 - 8 1/2 Turn right step R fw (5), Sweep L from back to front (6), Step L slightly cross R (7), Hold (8) 6:00

**\*On Wall 4 and 8, add Tag (repeat last 8 counts) here then Restart facing 12:00**

**[33-40] Spiral, Walk, Walk, Rock, Hold, Recover, Back**

1 - 4 Step R fw (1), Full spiral turn left on R (2), Step L fw (3), Step R fw (4)  
Non-Turning Option (1-2): Step R fw (1), Hold (2) 6:00  
5 - 8 Rock L fw (5), Hold (6), Recover on R (7), Step L back (8) 6:00

**[41-48] Point, 1/4, Side, Full Turn w/Sweep, Behind, Side**

1 - 3 Point R back (1), 1/4 Turn R transferring weight to ball of R (2), Step R heel down with full weight on R and Torque upper body to right side (prep) (3) 9:00  
4 - 8 1/4 Turn left step L fw (4), 3/4 Turn left step back on R (5), Sweep L from front to back (6), Step L behind R (7), Step R to right side (8)

**Easy Option (3-6): Rock R to right side (3), Recover (4), Step R behind L (5), Sweep L to back (6) 9:00**

**[49-56] Cross Rock, Hold, Recover, 1/4 1/4 Side, Hold, Hip L&R**

1 - 4 Cross rock L over R (1), Hold (2), Recover on R (3), 1/4 Turn left step L fw (4) 6:00  
5 - 8 1/4 Turn left step R to right side and sway hip right (5), Hold (6), Sway hip left (7), Sway hip right (8) 3:00

**[57-64] Side, Hold, Behind, Side, Cross Rock, 1/4, Full Turn**

1 - 4 Step L to left side and sway hip left (1), Hold (2), Step R behind L (3), Step L to left side (4) 3:00  
5 - 8 Cross rock R over L (5), Recover on L (6), 1/4 Turn right step R fw (7), 1/2 Turn right step back on L (8), 1/2 Turn right step R fw (Count 1 of next wall)

**Non-Turning Option (8,1): Step L fw (8), Step R fw (1) 6:00**

**Restarts:** On Wall 2 and 6 (instrumental music): Dance up to Count 24 then Restart facing 6:00  
On Wall 4 and 8: Dance up to Count 32, then repeat Counts 25-32 (Tag), then Restart facing 12:00

**Tag: 8 counts = Count 25 - 32 (see Section 4 for details)**

Taught by Zandra McCallum February 2016

Page 1 of 1



NELSON FIREFIGHTERS HALL  
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Instructor: Zandra McCallum  
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Mon. - Beg 6:00 - 7:30 PM  
Int 7:30 - 10:00 PM  
Thur. - Int/Adv 7: - 10:00 PM

