100 Years From Now



Count: 64 Wand: 4 Ebene: Improver east coast swing

Choreograf/in: Max Perry (USA)

Musik: 100 Years From Now - Huey Lewis & The News



STEP FORWARD, KICK BALL CHANGE, STEP FORWARD, ROCK FORWARD, COASTER STEP

1 Step left forward

2&3 Kick right forward, rock right back, step left in place (recover)
4-5-6 Step right forward, rock left forward, step right in place (recover)

7&8 Step left back, step right back next to left, step left forward (coaster step)

FORWARD ROCK STEP, TURN 1/4 RIGHT, SIDE SHUFFLE, WEAVE

1-2 Rock right forward, step left in place (recover)

3&4 Turn ¼ right as you do a right shuffle to right side right, left, right

5-6-7-8 Cross left over right, step right to right side, cross left behind right, step right to right side

CROSS ROCK, LEFT SIDE SHUFFLE, WEAVE

1-2 Cross rock left over right, step right in place (recover)

3&4 Left shuffle to left side - left, right, left

5-6-7-8 Cross right over left, step left to left side, cross right behind left, step left to left side

CROSS ROCK, RIGHT SIDE SHUFFLE, WALK AROUND TURN, LEFT SIDE SHUFFLE

1-2 Cross right over left, step left in place (recover)

Right shuffle to right side - right, left, right (turn toe out on 3rd step of shuffle to get ready to

turn)

5-6 Step left forward & across right turning right, step right in place (recover) finishing 1 full turn in

place

7&8 Left shuffle to left side - left, right, left

KICK, KICK, SAILOR SHUFFLE, KICK, KICK, SAILOR SHUFFLE

1-2 Kick right in front of left, kick right to right side (forward diagonal)

3&4 Cross right behind left, step left to left side, step right in place (sailor shuffle)

Kick left in front of right, kick left to left side (forward diagonal)Cross left behind right, step right to right side, step left in place

CROSS ROCK, SIDE SHUFFLE, CROSS, STEP BACK TURNING 1/2 LEFT, SIDE SHUFFLE

1-2 Cross rock right over left, step left in place (recover)

3&4 Right shuffle to right side - right, left, right

5-6 Cross step left over right turning ¼ left, step right back turning ¼ left - traveling to the right

7&8 Left shuffle to left side - left, right, left

CROSS ROCK, SIDE SHUFFLE, CROSS, STEP BACK TURNING 1/2 LEFT, SIDE SHUFFLE

1-2 Cross rock right over left, step left in place (recover)

3&4 Right shuffle to right side - right, left, right

5-6 Cross step left over right turning ¼ left, step right back turning ¼ left - traveling to the right

7&8 Left shuffle to left side - left, right, left

STEP FORWARD, HOLD, STEP FORWARD, HOLD, STEP FORWARD, FORWARD, SHUFFLE FORWARD

1-2 Step right forward, hold3-4 Step left forward, hold5-6 Step forward right, left

7&8 Right shuffle forward - right, left, right