

10 Minutes

Count: 0

Wand: 0

Ebene: Phrased Intermediate

Choreograf/in: Lily Liu (MY) - May 2010

Musik: 10 Minutes - Lee Hyori (이효리)



Sequence: A / B / C / A / TAG 1 / B / C / A / C / TAG 2 / A16 / A / REPEAT A16 TWICE

Intro: 8 counts

SEQUENCE (A)

(1) CROSS, POINT, CROSS, POINT, CROSS BEHIND, 1/4 TURN, FWD, HITCH

- 1 2 Cross R over L , point L to left side (Shimmy your shoulder right , left , right)
3 4 Cross L over R , point R to right side (Shimmy your shoulder left, right, left)
5 6 Cross R behind L , turn 1/4 left step fwd on L
7 8 Step fwd on R , hitch L

(2) (STEP BACK , KICK) X3 , MAMBO TOUCH

- 1 2 Step back on L , kick R fwd to right diagonal
3 4 Step back on R , kick L fwd to left diagonal
5 6 Step back on L , kick R fwd to right diagonal
7 & 8 Rock back on R , recover on L , touch R beside L

(3) (FWD , TOGETHER , FWD , TOUCH & CLAP) X 2

- 1 2 Step fwd on R , step L beside R
3 4 Step fwd on R , touch L beside R and clap
5 6 Step fwd on L , step R beside L
7 8 Step fwd on L , touch R beside L and clap

(4) (CROSS BEHIND , POINT) X2 , TOUCH BEHIND , 1/2 TURN , KICK- BALL- CHANGE

- 1 2 Cross R behind L , point L to left side
3 4 Cross L behind R , point R to right side
5 6 Touch R behind L , turn 1/2 right (weight onto L)
7 8 Kick R fwd , step R ball next to L , step L next to R

SEQUENCE (B)

(1) FWD , TOUCH , BWD , TOUCH , FWD LOCK STEP , SCUFF

- 1 2 Step fwd on R , touch L beside R
3 4 Step back on L , touch R beside L
5 6 Step fwd on R , cross lock L behind R
7 8 Step fwd on R , scuff L fwd

(2) FWD , TOUCH , BWD , TOUCH , BACK , CROSS , BACK , HITCH

- 1 2 Step fwd on L , touch R beside L
3 4 Step back on R , touch L beside R
5 6 Step back on L , cross R over L
7 8 Step back on L , hitch R

(3) SIDE , CROSS BEHIND, SIDE , HEEL , SIDE , CROSS BEHIND , 1/4 TURN , SCUFF

- 1 2 Step R to right side , cross L behind R
3 4 Step R to right side , touch L heel fwd
5 6 Step L to left side , cross R behind L
7 8 Turn 1/4 left step fwd on L , scuff R fwd

(4) ROCK , RECOVER , COASTER STEP , KICK , KICK , FRONT MAMBO

- 1 2 □ Rock fwd on R , recover on L
- 3 & 4 □ Step back on R , step L beside R , Step fwd on R
- 5 & □ Kick L fwd to right diagonal , step L beside R
- 6 & □ Kick R fwd to left diagonal , step R beside L
- 7 & 8 □ Rock fwd on L , recover on R ,step L beside R

SEQUENCE (C)

(1) □ ROCKING CHAIR , JAZZ BOX 1/4 TURN

- 1 2 □ Rock fwd on R , recover on L
- 3 4 □ Rock bwd on R , recover on L
- 5 6 □ Cross R over L , step back on L
- 7 8 □ Turn 1/4 right step R to right side , step L beside R

(2) □ SIDE , TOGETHER , CHASSE , ROLLING VINE , TOUCH WITH CLAP

- 1 2 □ Step R to right side , step L beside R
- 3 & 4 □ Step R to right side , close L beside R , step R to right side
- 5 8 □ Turn 1/4 , 1/2 , 1/4 left (moving to right) , touch R next to L with clap

(3) □ FWD , HITCH , POINT , BWD , POINT , HITCH , BWD , TOGETHER

- 1 2 □ Step fwd on R , hitch L
- 3 4 □ Point L to left side , step back on L
- 5 6 □ Point R to right side , hitch L
- 7 8 □ Step back on R , step L beside R

(4) □ (POINT , HOLD , TOGETHER) X 2 (POINT , TOGETHER) X 2 , TOUCH , KICK

- 1 2 & □ Point R to right side , hold , step R beside L
- 3 4 & □ Point L to left side , hold , step L beside R
- 5 & □ Point R to right side , step R beside L
- 6 & □ point L to left side , step L beside R
- 7 8 □ Touch R toes beside L , kick R fwd

TAG 1 :

TOES TOUCH , CROSS TOUCH , UNWIND 1/2 TURN

- 1 2 □ Touch R toes fwd , touch R toes to right side
- 3 4 □ Touch R toes across L foot , unwind 1/2 turn to left

TAG 2 :

(1) BUMP , HOLD (x3) , BUMP , HOLD (x 3)

- 1 - 4 □ Bump hips to right side , hold , hold , hold
- 5 - 8 □ Bump hips to left side , hold , hold , hold

(2) (BUMP , HOLD) x 2 , SWAY x 4

- 1 2 □ Bump hips to right side , hold
 - 3 4 □ Bump hips to left side , hold
 - 5 - 8 □ Sway hips to right , left , right , left
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