

10,000 Hours

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Kevin Formosa (AUS) - October 2019

Music: 10,000 Hours - Dan + Shay & Justin Bieber : (iTunes)



Intro: 4 Counts

[1-8] Walk, Walk, Anchor Step, ½, ½, Behind, Side, Cross

- 1,2 Walk Fwd R, L
- 3&4 Step R slightly behind L, Step L in Place, Step R slightly back
- 5,6 ½ L Stepping L fwd, ½ L stepping R back sweeping L (12.00)
- 7&8 Step L behind R, Step R to R side, Step L across/in front of R

[9-16] & Behind, Hold, & Cross Hold, Side, Behind, Side, Behind, Unwind

- &1,2 Step R to R side, Step L behind R (turning 1/8 L), Hold
- &3,4 Step R to R side, Step L across/in front of R (turning 1/8 L), Hold
- &5&6& Step R to R side, Step L behind R, Step R to R Side, Step L across/in front of R, Step R to R side (turning ¼ L gradually over these steps) (6.00)
- 7,8 Touch L toe behind R, Unwind a full turn R (weight finishing L) (6.00)

(Counts 1-6 gradually curve L making a half turn)

[17-24] Sweep, Modified figure 8 vine

- 1,2,3 Sweep R from back to front, Step R across/in front of L, Step L to L side
- 4&5 Step R behind L, ¼ L Stepping L fwd, Step R fwd
- 6,7 ½ L stepping L fwd, ¼ L Stepping R to R side (6.00)
- 8& Step L behind R, Step R to R side

[25-32] Cross Rock, Side, Cross Rock, Side, ½ Pivot, ½, Back Rock

- 1,2& Rock L across R, Replace weight R, Step L to L side
- 3,4& Rock R across L, Replace weight L, Step R to R side
- 5,6,7 Step L fwd, Pivot ½ R (Weight R), ½ R Stepping L back
- 8& Rock R back, Replace weight L

Restart: On wall 3 dance the first 8 counts then Restart

Tag: End of Wall 6 add the following 4 Counts

- 1,2 Walk Fwd R,L
- 3,4 Step R Fwd, Pivot ½ L

Start Again

E-mail: formosa_k@hotmail.com - 0404 332 112