

# One Hundred

Compte: 104

Mur: 2

Niveau: Phrased Advanced

Chorégraphe: Adriano Castagnoli (IT) - July 2017

Musique: You Can Depend On Me - Restless Heart



Sequence: intro (4 times) Tag1 AB AAB Tag2 A\* final

## INTRODUCTION:

### [IS1] VAUDEVILLE LEFT, VAUDEVILLE RIGHT

- 1-2 Cross Right Over Left, Step Left Diagonally Back To Left
- 3-4 Touch Right Heel Diagonally Forward, Step Right On Place
- 5-6 Cross Left Over Right, Step Right Diagonally Back To Right
- 7-8 Touch Left Heel Diagonally Forward, Step Left On Place

### [IS2] TOUCH TOE, FULL TURN RIGHT, STOMP LEFT, HOLD, STOMP RIGHT, HOLD

- 1-2 Touch Right Toe Back, Turn 1/2 Right
- 3-4 Touch Right Heel A Little Forward, Turn 1/2 Right
- 5-6 Stomp Left Little Forward, Hold
- 7-8 Stomp Right Beside Left, Hold

### [IS3] SCISSOR RIGHT, HOLD, SCISSOR LEFT, HOLD

- 1-2 Rock On Right To Right Side, Step Left Beside Right
- 3-4 Cross Right Over Left, Hold
- 5-6 Rock On Left To Left Side, Step Right Beside Left
- 7-8 Cross Left Over Right, Hold

### [IS4] TOUCH HEEL, HOLD, STEP BACK, HOLD, COASTER STEP LEFT, SCUFF

- 1-2 Touch Right Heel Forward, Hold
- 3-4 Step Right Back, Hold
- 5-6 Step Left Back, Step Right Beside Left
- 7-8 Step Left Forward, Scuff Right Beside Left

## PART A: 64 counts (after Tag2 to do part A\* until 7th count of the 6th sequence)

### [AS1] JUMPING 2 KICKS RIGHT, CROSS, 2 KICKS (RIGHT, LEFT), CROSS, 2 KICKS (LEFT, RIGHT)

- 1-2 Jumping On Left And Kick Right Forward (Twice)
- 3-4 Jumping Cross Right Over Left, Step Left Back And Kick Right Forward
- 5-6 Step Right Back And Kick Left Forward, Cross Left Over Right
- 7-8 Kick Left Forward, Kick Right Forward

### [AS2] JUMPING STEP AND HOOK, 2 KICKS (RIGHT, LEFT), JAZZ BOX LEFT, STOMP RIGHT (TWICE)

- 1-2 Jumping To Right Side And Cross Right Over Left, Jump On Left And Kick Right Forward
- 3-4 Step Right Back And Kick Left Forward, Cross Left Over Right
- 5-6 Step Right Back And Kick Left Forward, Step Left To Left Side
- 7-8 Stomp Up Right Beside Left, Stomp Right To Right Side

### [AS3] SWIVEL FEET (LEFT, RIGHT), KICK, HOOK, KICK (TWICE)

- 1-2 Swivel Left Foot To Right Side (Heel, Toe)
- 3-4 Swivel Right Foot To Left Side (Heel, Toe)
- 5-6 Kick Right Forward, Hook Right Over Left
- 7-8 Kick Right Forward (Twice)

### [AS4] ROCK BACK RIGHT, STOMP (TWICE), HEEL SWIVELS

- 1-2            Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
- 3-4            Stomp Up Right Beside Left, Stomp Right Forward
- 5-6            Swivel Both Heels To Right Side, Return Both Heels To Centre
- 7-8            Repeat 5-6

**[AS5] DIAGONALLY STEPS WITH STOMP UP, KICK, STOMP UP, KICK BACK, SCUFF**

- 1-2            Step Left Diagonally Forward To Left, Stomp Up Right Beside Left
- 3-4            Step Right Diagonally Back To Right, Stomp Up Left Beside Right
- 5-6            Kick Left Forward, Stomp Up Left Beside Right
- 7-8            Kick Left Back, Scuff Left Beside Right

**[AS6] LOCK FORWARD LEFT, STOMP, SWIVEL RIGHT FOOT (TOE, HEEL, TOE), HOOK AND SLAP**

- 1-2            Step Left Forward, Lock Right Behind Left
- 3-4            Step Left Forward, Stomp Right Beside Left
- 5-6            Swivel Right Foot To Right Side (Toe, Heel)
- 7-8            Swivel Right Toe To Right Side, Hook Left Behind Right And Slap Right On Left Heel

**[AS7] TURN 1/4 LEFT AND ROCK FORWARD, TURN 1/4 LEFT, HOLD, FULL TURN LEFT FORWARD WITH HOLD**

- 1-2            Turn 1/4 Left And Rock Forward On Left, Return Onto Right
- 3-4            Turn 1/4 Left And Step Left Forward, Hold
- 5-6            Turn 1/2 Left On Left And Step Right Back, Hold
- 7-8            Turn 1/2 Left And Step Left Forward, Hold

**[AS8] SCISSOR RIGHT, HOLD, ROCK BACK LEFT, STOMP LEFT (TWICE)**

- 1-2            Rock On Right Diagonally Back To Right, Step Left Beside Right
- 3-4            Cross Right Over Left, Hold
- 5-6            Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
- 7-8            Stomp Up Left Beside Right, Stomp Left Forward

**PART B: 40 counts**

**[BS1] JUMPING JACKS, KICK (RIGHT, LEFT), CROSS, JUMP BACK, ROCK BACK LEFT**

- 1-2            Jump Landing Feet Apart Outside, Return To Centre On Left And Flick Up Back Right
- 3-4            Jump On Left On Place And Kick Right Forward, Change And Kick Left Forward
- 5-6            Cross Left Over Right, Jump Back On Right
- 7-8            Jumping Rock Back On Left And Kick Right Forward, Return Onto Right

**[BS2] GRAPEVINE LEFT 1/4 TURN, SCUFF, PIVOT 1/2 LEFT, TURN 1/4 LEFT AND STRIDE, TOGETHER**

- 1-2            Step Left To Left Side, Cross Right Behind Left
- 3-4            Step Left 1/4 Turn Left, Scuff Right Beside Left
- 5-6            Step Right Forward, Pivot 1/2 Turn Left
- 7-8            Turn 1/4 Left And Long Step To Right Side, Step Left Beside Right

**[BS3] JUMPING JACKS, KICK (LEFT, RIGHT), CROSS, JUMP BACK, ROCK BACK RIGHT**

- 1-2            Jump Landing Feet Apart Outside, Return To Centre On Right And Flick Up Back Left
- 3-4            Jump On Right On Place And Kick Left Forward, Change And Kick Right Forward
- 5-6            Cross Right Over Left, Jump Back On Left
- 7-8            Jumping Rock Back On Right And Kick Left Forward, Return Onto Left

**[BS4] GRAPEVINE RIGHT 1/4 TURN, SCUFF, PIVOT 1/2 RIGHT, TURN 1/4 RIGHT AND STRIDE, SCUFF**

- 1-2            Step Right To Right Side, Cross Left Behind Right
- 3-4            Step Right 1/4 Turn Right, Scuff Left Beside Right
- 5-6            Step Left Forward, Pivot 1/2 Turn Right
- 7-8            Turn 1/4 Right And Long Step To Left Side, Scuff Right Beside Left

**[BS5] VAUDEVILLE LEFT, TOUCH TOE, TOGETHER, KICK, FLICK UP BACK**

- 1-2 Cross Right Over Left, Step Left Diagonally Back To Left
- 3-4 Touch Right Heel Diagonally Forward To Right, Step Right On Place
- 5-6 Touch Left Toe Forward, Step Left Beside Right
- 7-8 Kick Right Forward, Flick Up Back Right

**TAG 1: after introduction**

**TURN 1/4 LEFT, STOMP UP LEFT, TURN 1/4 LEFT, STOMP UP RIGHT**

- 1-2 Turn 1/4 Left And Step Right To Right Side, Stomp Up Left Beside Right
- 3-5 Turn 1/4 Left And Step Left Forward, Stomp Up Right Beside Left

**TAG 2: after second part B (syncopated)**

**(after Tag2 to do part A\* until 7th count of the 6th sequence)**

**WALKING FORWARD, TOUCH TOE, WALKING BACK, TOUCH HEEL**

- 1-2-3-4 Steps Forward (Right, Left, Right), Touch Left Toe Behind Right
- 5-6-7-8 Steps Back (Left, Right, Left), Touch Right Heel Over Left

**RIGHT SIDE, TOUCH TOE, LEFT SIDE, TOUCH TOE, 2 PIVOT 1/2 LEFT AND STOMP**

- 1-2 Step Right To Right Side, Touch Left Toe Behind Right
- 3-4 Step Left To Left Side, Touch Right Toe Behind Left
- 5-6 Step Right Forward, Pivot 1/2 Turn Left And Stomp Left Forward
- 7-8 Repeat 5-6

**FINAL:**

**KICK RIGHT, JUMPING KICKS (LEFT, RIGHT), FULL TURN LEFT WITH JAZZ BOX**

- 1-2 Kick Right Forward, Jumping A Little Back On Right And Kick Left Forward
- 3-4 Jump A Little Back On Left And Kick Right Forward, Turn 1/4 Left And Cross Right Over Left
- 5-6 Turn 1/4 Left And Kick Right Forward, Turn 1/4 Left And Kick Left Forward
- 7-8 Turn 1/4 Left And Cross Left Over Right, Jump Back On Right And Kick Left Forward

**KICK RIGHT, CROSS, STEP BACK, ROCK BACK RIGHT, STOMP RIGHT (TWICE)**

- 1-2 Jump Back On Left And Kick Right Forward, Cross Right Over Left
  - 3-4 Step Back On Left, Jumping Rock Back On Right And Kick Left Forward
  - 5-6-7 Return Onto Left, Stomp Up Right Beside Left, Stomp Right Forward
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