

I'm a 10 (and I Know)

Compte: 32

Mur: 4

Niveau: High Improver

Chorégraphe: Hege Langhelle (NOR) - November 2024

Musique: Blowin' Smoke - Teddy Swims



[1-8] side, backrock, point, hook, step, ¼ slide.

- 1-3 Rf step R(1), Lf rock back(2), recover to Rf(3).
4-5 Lf point fwd(4), hook Lf in front of Rf(5)
6-8 Lf step fwd(6), ¼ L slide Rf to R(7), Hold(8). (09.00)

[9-16] ballcross, ¼ back, ¼ side, crossshuffle, Rock, recover, behind.

- &1-3 Lf step beside Rf(&), Rf cross over Lf(1), ¼ R Lf step back(2), ¼ R Rf step(3).(03.00)
4&5. Lf cross over Rf(4), Rf stp R(&), Lf cross Over Rf(5).
6-8 Rf rock R(6), recover to Lf(7), Rf step Behind Lf(8).

[17-24] side, cross, side, ¼ swivel, coaster, Step, ½ pivot, hold.

- &1-3 Lf step L(&), Rf cross over Lf(1), Lf step L(2), swivel feet ¼ L(3)(12.00)
4&5 Lf step back(4), Rf step beside Lf(&), Lf step fwd(5).
6-8 Rf step fwd(6), ½ L Lf fwd(7), Hold(8).(06.00)

[25-32] ¼ ballcross, ¼ step, ½ back, ¾ shuffle, rock, cross.

- &1-3 ¼ L Rf step R(&), Lf cross over Rf(1)(03.00) ¼ R Rf step fwd(2), ½ R Lf step back(3). (12.00)
4&5 ¼ R Rf step R(4), ¼ R Lf step beside Rf(&), ¼ R Rf cross overLf(5).(09.00))
6-8 Lf rock L(6), recover to Rf(7), Lf cross over Rf(8).

START AGAIN
