

# 10,000 Hours

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Vikki Morris (UK) - October 2019  
音乐: 10,000 Hours - Dan + Shay & Justin Bieber : (amazon)



**Start: quick start – 4 counts**

**S1: ½ L Ronde, L Behind, R Side, Cross L, Sway x2, R Behind L ¼ L, Triple Step**

- 1                      Step forward on Right as you turn ½ turn Left and sweep Left foot around and behind (6 o clock)
- 2&3                  Cross Left behind Right, Step Right to Right side, Cross Left over Right
- 4 5                   Sway Right to Right side, Sway Left to Left side
- 6&                    Cross Right behind Left, Turn ¼ Left stepping forward Left (3 o clock)
- 7&8                   Step forward Right, Step Left ball next to Right, Step forward Right

**S2: L Rock Recover R, L Step, Pivot ¼ L, Extended Weave, Step Together**

- 1 2                    Rock forward Left, Recover on Right
- &3 4                  Step Left next to Right, Step forward Right, Pivot ¼ Left (12 o clock)
- 5&6                   Cross Right over Left, Step Left to Left side, Cross Right behind
- &7                     Step Left to Left side, Cross Right over Left
- & 8                    Step Left to Left side, Step Right next to Left (body angled to Right diagonal)

**S3: Cross L, R Scissor Step, Prissy Walks L, R, L Mambo ¼ L, Cross R**

- 1                      Cross Left over Right
- 2&3                   Step Right to Right side, Step Left next to Right, Cross Right over Left
- 4 5                    Cross step Left over Right, Cross step Right over Left
- 6&7                   Rock forward Left, Recover on Right, Turn ¼ turn Left stepping Left to Left side (9 o clock)
- 8                      Cross Right over Left

**S4: Large Step L, Back R (sweeping L), L Behind, R Side, L Forward, Pivot ½ L, Full Turn L**

- 1 2                    Large step Left, Step back on Right sweeping Left around and behind
- 3&4                   Cross Left behind Right, Step Right to Right side, Step forward Left
- 5 6                    Step forward Right, Pivot ½ turn Left (3 o clock)
- 7 8                    Turn ½ turn Left stepping back on Right, Turn ½ turn Left stepping forward on Left

**Tag 1: End of wall 2 facing 6 o clock, start dance again facing 3 o clock**

**½ L Ronde, L Behind, R Side, Cross L, Sway x2, Modified Sailor ¼ R, Step L**

- 1                      Step forward on Right as you turn ½ turn Left as you sweep Left foot around and behind (12 o clock)
- 2&3                   Cross Left behind Right, Step Right to Right side, Cross Left over Right
- 4 5                    Sway Right, Sway Left
- 6&7                   Cross Right behind Left as you turn ¼ Right, Step Left to Left side, Step forward Right (3 o clock)
- 8                      Step forward Left

**Tag 2: End of wall 5 facing 12 o clock**

**Sway R, L, R, L**

- 1 2                    Sway Right to Right side, Sway Left to Left side
- 3 4                    Sway Right to Right side, Sway Left to Left side

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