

# 10,000 Hours (P)

COPPER KNOB  
BY STEPHENETS

拍数: 32

墙数: 0

级数: Improver / Intermediate Partner /  
Circle

编舞者: Don Carleton (USA) & Chrissy Shine - November 2019

音乐: 10,000 Hours - Dan + Shay & Justin Bieber



Intro: 4 counts

Position: two hand hold, man facing OLD, lady facing ILOD

Footwork: opposite unless noted, man's footwork listed

## SIDE ROCK, BEHIND, SIDE CROSS, FORWARD, FORWARD TO MAN'S WRAP, SHUFFLE FORWARD

- 1,2 Rock right to right side, recover to left  
3&4 Step right behind left, step left to left side, cross right in front of left  
5,6 Man: Raise right hand and pass under it as you begin crossing in front of lady, Step left to forward diagonal, turning to LOD step right forward (now in wrap)  
Lady: Step right forward, turning to LOD step left forward  
7&8 Shuffle forward

## MAN: ROCK, RECOVER, SHUFFLE FORWARD, LADY: ½ TURN, ½ TURN, SHUFFLE FULL TURN, BOTH: ¼ TURN, ¼ TURN, BACK COASTER STEP

- 1,2 Man: Rock back on right, recover to left  
Lady: Turning ½ right step back on left, turning ½ turn right step right forward  
3&4 Man: Turning to left diagonal shuffle forward right, left, right  
Lady: Shuffle full turn down LOD left, right, left (easier version, just shuffle forward)  
5,6 Turn ¼ turn towards partner stepping left to side, turn ¼ turn right stepping back on right  
7&8 Back coaster step stepping left back, right together, step left forward

## ¼ TURN TOUCH, LEAD TO TWO HAND HOLD POSITION, WRAP HER UP

- 1,2 Turn ¼ left stepping right to right side, touch left next to right  
3&4 Man: Shuffle ¼ turn left leading lady in front of you to two hand hold (LOD)  
Lady: Turning to forward diagonal shuffle ½ turn to right (RLOD)  
5,6 Man: Rock forward on right, recover to left  
Lady: Rock back on left, recover to right  
7&8 Man: Back coaster step, step back on right, step left together, step right forward  
Lady: Shuffle ½ turn in wrap in front of man, left, right, left (LOD)

## ROLL LADY TO LEFT SIDE, SHUFFLE FORWARD, LADY CROSSES IN FRONT OF MAN, BEHIND, SIDE, TOUCH

- 1.2 Man: Rock back on left, recover to right (drop right hand, lead lady into turn with left)  
Lady: Turning ¼ turn left step right to right side, turning ¼ turn left, step left forward  
3&4 Shuffle forward left, right, left (let lady get a little ahead) (pick up lady's left hand in man's right)  
5,6 Man: Cross right in front, left step left forward  
Lady: Crossing in front of man step left to forward diagonal, step forward on right  
7&8 Man: Turning ¼ turn right step right behind left, step left to left side, touch right next to left  
Lady: Turning ¼ turn left step left behind right, step right to right side, touch left next to right

## Smile and Begin Again

### Tag# 1 At the end of 2nd rotation

- 1,2 Step right to right side, sweep left bend right  
3&4 Step left behind, rock right to right side, recover to left  
5,6 Cross right in front left, step left to left side

7&8            Cross right behind left, step left to left side, touch right next to left - then restart

**Tag #2 At the end of 5th rotation**

1,2,3,4            Sway right, left, right, left - then restart

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