

# One Hundred

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Laura Arrighi (IT) - 21 July 2022  
音乐: Longneck Way To Go (feat. Jon Pardi) - Midland : (Album: Longneck way to go - 2022)



## NO INTRO

Structure: 64c (12:00) / 32c r. (6:00) / 64c (6:00) / 64c (12:00) / 32c r. (6:00) / 64c (6:00) / 64c (12:00) / 8c + 2 stomps LF (6:00)

### Sec. 1: (2X) KICK RF, COASTER STEP RF, (2X) HEEL/TOE TOUCH (LF+RF/RF+LF)

- 1 RF Kick 12:00
- 2 RF Kick 12:00
- 3 RF Step backwards 12:00
- & LF Step together 12:00
- 4 RF Step forward 12:00
- 5 LF Forward heel touch 12:00
- 6 RF Back toe touch 12:00
- 7 RF Forward heel touch 12:00
- 8 LF Back toe touch 12:00

### Sec. 2: 1/4 TURN L GRAPEVINE LF, SCUFF RF, VAUDEVILLE RF, FLICK RF (SLAP)

- 1 LF Side step 12:00
- 2 RF Cross step behind LF 12:00
- 3 LF 1/4 turn L step forward 12:00
- 4 RF Scuff 9:00
- 5 RF Cross step over LF 9:00
- 6 LF Side step 9:00
- 7 RF Forward heel touch (diagonally) 9:00
- 8 RF Flick (slap RF with RH) 9:00

### Sec. 3: FORWARD ROCK STEP RF, 1/2 TURN R HEEL STRUT RF, 1/2 TURN R TOE STRUT LF, STOMP UP/STOMP RF

- 1 RF Step forward 9:00
- 2 LF Weight recover 9:00
- 3 LF 1/2 turn R 9:00 - RF Forward heel touch 9:00
- 4 RF Weight recover 3:00
- 5 RF 1/2 turn R 3:00 - LF Back toe touch 3:00
- 6 LF Weight recover 9:00
- 7 RF Stomp up 9:00
- 8 RF Stomp beside LF 9:00

### Sec. 4: SIDE STEP RF/SCUFF LF, 1/4 TURN L FORWARD STEP LF/STOMP UP RF, MONTERREY TURN R (start with RF)

- 1 RF Side step 9:00
- 2 LF Scuff 9:00
- 3 LF 1/4 turn L forward step 6:00
- 4 RF Stomp up 6:00
- 5 RF Side touch 6:00
- 6 RF Step together 6:00
- 7 RF 1/2 turn R 6:00 - LF Side touch 6:00
- 8 LF Step together 12:00

**Sec. 5: FORWARD LOCKSTEP RF, HOOK LF, KICK RF, BACK 'FUNKY' ROCK STEP RF**

- 1 RF Step forward 12:00
- 2 LF Cross step behind RF 12:00 - (1° pos locked)
- 3 RF Step forward 12:00
- 4 LF Hook behind RF 12:00
- 5 LF Step backwards 12:00
- 6 RF Kick 12:00
- 7 RF Back rock step 12:00\*
- 8 LF Weight recover 12:00\*

\* Funky style

**Sec. 6: 1/2 STEP TURN L RF, BACK SHUFFLE RF, COASTER STEP, STOMP UP/STOMP FORWARD RF**

- 1 RF Step forward 12:00
- 2 RF 1/2 turn L 12:00 - LF Step forward 12:00
- 3 LF 1/2 turn L 6:00 - RF Step backwards 6:00
- & LF Step together 12:00
- 4 RF Step backwards 12:00
- 5 LF Step backwards 12:00
- & RF Step together 12:00
- 6 LF Step forward 12:00
- 7 RF Stomp up 12:00
- 8 RF Stomp forward 12:00

**Sec. 7: SIDE ROCK STEP LF, 1/2 TURN L/STEP FORWARD LF, KICK/STEP BACKWARDS RF, KICK/STOMP TOGETHER LF**

- 1 LF Side step 12:00
- 2 RF Weight recover 12:00
- 3 RF 1/2 turn L 12:00 - LF Step forward 12:00
- 4 RF Stomp up beside LF 6:00
- 5 RF Kick 6:00
- 6 RF Step backwards 6:00
- 7 LF Kick 6:00
- 8 LF Stomp beside RF 6:00

**Sec. 8: TOE/HEEL/TOE FAN LF, JAZZ SQUARE RF**

- 1 LF Toe fan 6:00
  - 2 LF Heel fan 6:00
  - 3 LF Toe fan 6:00
  - 4 RF Scuff beside LF 6:00
  - 5 RF Cross step in front LF 6:00 - (2° pos locked)
  - 6 LF Step backwards 6:00 - (4° pos)
  - 7 RF Side step 6:00 - (2° pos)
  - 8 LF Step together 6:00
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