

# One Hundred

拍數: 32      牆數: 2      級數: Improver  
編舞者: Niels Poulsen (DK) - May 2018  
音樂: One Hundred - Ida Corr : (iTunes)



**Intro: 16 counts (app. 10 secs. into track). Start with weight on L foot**

**Tag: See Tag description at bottom of page. Tag comes twice.  
After wall 2 (facing 12:00) and after wall 5 (facing 6:00).**

**Restart: On wall 9 (starts at 12:00), after 16 counts, facing 12:00 again**

## **[1 – 8] R Dorothy ¼ L, L Dorothy, R rock fwd, shuffle ½ R**

1 – 2&      Step R towards R diagonal (1), lock L behind R starting to turn ¼ L (2), finish ¼ L stepping R a small step to R side (&) 9:00  
3 – 4&      Step L towards L diagonal (3), lock R behind L (4), step L fwd (&) 9:00  
5 – 6      Rock R fwd (5), recover back on L (6) 9:00  
7&8      Turn ¼ R stepping R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8) ...  
**(Option: harder version is to turn 1½ turn R on 7&8) 3:00**

## **[9 – 16] Ball ¼ R with dip, ¼ L fwd, ¼ L side rock cross, L side rock, & R side rock, touch**

&1 – 2      Turn ¼ R stepping L to L side (&), cross R over L dipping down in knees (1), turn ¼ L on R foot stepping L fwd (2) 3:00

**(Note: when you do your dip you hit the word 'Found' during each chorus. This links to my older dance 'I hope you find it' ... lol)**

3&4      Turn ¼ L rocking R to R side (3), recover on L (&), cross R over L (4) 12:00  
5 – 6      Rock L to L side (5), recover on R (6) 12:00  
&7&8      Step L next to R (&), rock R to R side (7), recover on L (&), touch R next to L (8) ... 12:00

**\* Restart here on wall 9, facing 12:00**

## **[17 – 24] R rocking chair, Run RLR, L rocking chair, shuffle ½ R backwards**

1&2&      Rock R fwd (1), recover back on L (&), rock back on R (2), recover fwd onto L (&) 12:00  
3&4      Run R fwd (3), run L fwd (&), run R fwd (4) (option: boogie runs forwards...) 12:00  
5&6&      Rock L fwd (5), recover back on R (&), rock back on L (6), recover fwd onto R (&) 12:00  
7&8      Turn ¼ R stepping L to L side (7), step R next to L (&), turn ¼ R stepping back on L (8) 6:00

## **[25 – 32] R back rock, R shuffle fwd, L rock fwd, full triple turn L**

1 – 2      Rock back on R (1), recover fwd to L (2) 6:00  
3&4      Step R fwd (3), step L behind R (&), step R fwd (4) 6:00  
5 – 6      Rock L fwd (5), recover back on R (6) 6:00  
7&8      Turn ½ L stepping L fwd (7), step R next to L (&), turn ½ L stepping L fwd (8) 6:00

**Start Again!**

**Ending: You automatically end facing 12:00. Do the first 6 counts of wall 12 (starts at 12:00). Count 7 is your last beat in the music, just turn a ¼ R stepping R to R side to face 12:00 again**

**TAG: The tag comes twice. After wall 2, facing 12:00. After wall 5, facing 6:00. The tag is:**

**R touch & heel down X 2, R rock fwd, big step back R with L slide, together**

1&2&      Touch R next to L (1), step R down (&), touch L heel fwd (2), step L down (&) 12:00  
3&4&      Touch R next to L (3), step R down (&), touch L heel fwd (4), step L down (&) 12:00

**(Note: during counts 1-4& you travel slightly forward)**

5 – 6      Rock R fwd (5), recover back on L (6) 12:00

7 – 8

Make a big step back on R dragging L heel towards R (7), step L next to R (8) ... then start the dance from the top again 12:00

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