

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

Contact: nielsbp@gmail.com
