

# 10,000 Hours

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Vikki Morris (UK) - October 2019  
音樂: 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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