

10,000 Hours

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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