

# One Hundred Years

拍數: 0                      牆數: 2                      級數: Intermediate two step  
編舞者: Linda Downey (CAN)  
音樂: One Hundred Years - Jim Witter



Sequence: ABC, Tag 1, ABC, Tag 2, AB

## PART A

- 1-8                      Progressive box forward starting with left foot  
9-16                     Forward coaster step and hold, back coaster step and hold  
17-20                    Vine left passe (step left, cross right behind, step left turning ½ to left, hold)  
21-24                    Vine 3 right and hold (now at back wall)  
25-32                    Cross rock, recover, close and hold (left & right)
- 33-40                    Vine left passe, vine 3 right and hold (now at front wall)  
41-48                    Cross rock, recover, close and hold (left & right)  
49-562                   Forward lock steps on angle: (step forward left, lock right behind left, step forward left, hold. Repeat on right)  
57-64                    Back left whale tail (step left behind right, step right to side, step forward left, lock right behind left, step left to side, close right, cross left behind right, close right)

## PART B

- 1-8                      Touch left heel forward, hook left heel in front of right shin, left shuffle forward, repeat on right  
9-12                     Train 4 (rock forward left, recover on right, rock back left, recover right)  
13-16                    Left forward shuffle, right shuffle turning ½ left (now facing back wall)  
17-24                    Left rock back, recover right, left forward shuffle, train 4 (right, left, right, left)
- 25-28                    Right sliding door (rock right foot to right side, recover on left foot, cross right foot over left foot, take weight on right foot and hold for one beat)  
29-32                    Left sliding door thru' (turning ¼ to right)

## PART C

- 1-8                      Touch right heel forward, hook right heel in front of left shin, right shuffle forward, repeat on left  
9-12                     Train 4 (rock forward right, recover left, rock back right, recover left)  
13-16                    Right forward shuffle, left shuffle turning ½ right  
17-24                    Right rock back, recover left, right forward shuffle, train 4 (left, right, left, right)
- 25-28                    Left sliding door (rock left foot to left side, recover on right foot, cross left foot over right foot, take weight on left foot and hold for one beat)  
29-32                    Right sliding door thru' (turning ¼ to left)

## TAG 1

- 1-8                      Basic left & right

## TAG 2

- 1-8                      Basic left & right  
9-16                     Left back box turning ½ right to face back  
17-24                    Left & right forward lock steps with holds  
25-28                    Two slow steps back (left, right)

## ENDING

On last time through, the dance ends on the left sliding door and hold

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