

10,000 Hours

COPPER KNOB
BY CONCEPTS

Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Kevin Formosa - Australia (October 2019) V1.0

Music: 10000 Hours by Dan + Shay ft Justin Bieber (2.48 – iTunes- Single) 188BPM



Intro: 4 Counts

[1-8] Walk, Walk, Anchor Step, ½, ½, Behind, Side, Cross

1,2 Walk Fwd R, L
3&4 Step R slightly behind L, Step L in Place, Step R slightly back
5,6 ½ L Stepping L fwd, ½ L stepping R back sweeping L (12.00)
7&8 Step L behind R, Step R to R side, Step L across/in front of R

[9-16] & Behind, Hold, & Cross Hold, Side, Behind, Side, Behind, Unwind

&1,2 Step R to R side, Step L behind R (turning 1/8 L), Hold
&3,4 Step R to R side, Step L across/in front of R (turning 1/8 L), Hold
&5&6& Step R to R side, Step L behind R, Step R to R Side, Step L across/in front of R,
Step R to R side (turning ¼ L gradually over these steps) (6.00)
7,8 Touch L toe behind R, Unwind a full turn R (weight finishing L) (6.00)

(Counts 1-6 gradually curve L making a half turn)

[17-24] Sweep, Modified figure 8 vine

1,2,3 Sweep R from back to front, Step R across/in front of L, Step L to L side
4&5 Step R behind L, ¼ L Stepping L fwd, Step R fwd
6,7 ½ L stepping L fwd, ¼ L Stepping R to R side (6.00)
8& Step L behind R, Step R to R side

[25-32] Cross Rock, Side, Cross Rock, Side, ½ Pivot, ½, Back Rock

1,2& Rock L across R, Replace weight R, Step L to L side
3,4& Rock R across L, Replace weight L, Step R to R side
5,6,7 Step L fwd, Pivot ½ R (Weight R), ½ R Stepping L back
8& Rock R back, Replace weight L

Restart: On wall 3 dance the first 8 counts then Restart

Tag: End of Wall 6 add the following 4 Counts

1,2 Walk Fwd R,L
3,4 Step R Fwd, Pivot ½ L

Start Again

E-mail: formosa_k@hotmail.com - 0404 332 112