## 10,000 Hours

Count: 32 Wall: 4 Level: Improver
Choreographer: Judy Rodgers (USA) - October 2019
Music: 10,000 Hours - Dan + Shay \& Justin Bieber

## \#4 Count intro-2 Tags

S1: Kick ball step, walk walk, step turn $1 / 4 \mathrm{~L}$, cross \& cross
1\&2 Kick $R$ fwd, step down on $R$, step $L$ fwd
3-4 Walk fwd R, L
5-6 $\quad$ Step $R$ fwd, turn 1/4 left step $L$ to left side 9:00
7\&8 Cross $R$ over $L$, step $L$ to left, cross $R$ over $L$
S2: Rock recover, behind side cross \& cross, turn 1/4 L step back, side rock cross

| $1-2$ | Rock $L$ to left side, recover $R$ |
| :--- | :--- |
| $3 \& 4 \& 5$ | Step $L$ behind $R$, step $R$ to side, cross $L$ over $R$, step $R$ to side, cross $L$ over $R$ |
| 6 | Turn $1 / 4$ left step $R$ back $6: 00$ |
| $7 \& 8$ | Rock $L$ to left side, recover $R$, cross $L$ over $R$ |

S3: Step, hold, \& rock recover, cross, turn $1 / 4$ R, step lock step
1-2 Step $R$ to right side, hold
\&3-4 Step $L$ beside $R$, rock $R$ to right, recover $L$
5-6 Cross $R$ over $L$, turn 1/4 $R$ step $L$ back 9:00
7\&8 Step $R$ back, lock $L$ over $R$, step $R$ back
S4: Turn $1 / 4$ step touch, turn $1 / 4$ turn $1 / 2$, sweep sailor step, mambo step
1-2 $\quad$ Turn $1 / 4$ left step $L$ to left side, touch $R$ beside L6:00
3-4 Turn 1/4 right step $R$ fwd, turn 1/2 right step $L$ back 3:00
5\&6 Sweep $R$ behind $L$, step $L$ to left side, step $R$ to right side
7\&8 Rock L fwd, recover R, step L slightly back
Tag 1: Wall 2 starts 3:00 and ends 6:00.... add 8-count tag below
Heel \& toe \& heel \& step, rocking chair
1\&2\& $\quad$ Touch $R$ heel fwd, step down on $R$, touch $L$ toe beside $R$, step down on $L$
3\&4 Touch $R$ heel fwd, step down on $R$, step $L$ fwd
5-8 Rock $R$ fwd, recover $L$, rock $R$ back, recover $L$
Tag 2: Wall 5 starts 12:00 and ends 3:00.....add 4-count tag below
Dip touch, dip touch
1-2 Step/dip $R$ to right side, touch $L$ beside $R$
3-4 Step/dip $L$ to left side, touch $L$ beside $R$
Ending: Wall 7 starts at 6:00 and ends facing 9:00......
just turn your body a quarter turn right stepping R to right side to face front .and smile!

