

# One Eight-Hundred

Count: 32

Wall: 4

Level: Beginner

Choreographer: Jim Cone (USA)

Music: 1-800 I'm a Fool - K.C. Williams



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## FORWARD ROCK, BACK ROCK

1-4 Step forward on right, rock back on left, step back on right, rock forward on left

## STEP HITCH, STEP HITCH

5-8 Step forward on right, hitch left knee, step forward on left, hitch right knee

## FORWARD ROCK, BACK ROCK

1-4 Step forward on right, rock back on left, step back on right, rock forward on left

## STEP HITCH, STEP HITCH

5-8 Step forward on right, hitch left knee, step forward on left, hitch right knee

## BACK 2-3 HITCH

1-4 Step back right, step back left, step back right and hitch left knee

## BACK 2-3 STAMP

5-8 Step back left, step back right and step back left, stamp right (stomp without weight change)

## VINE RIGHT BEHIND RIGHT, SCUFF

1-4 Step right, cross left behind right, step right and scuff left beside right

## VINE LEFT BEHIND ¼ TURN, SCUFF

5-8 Step left, cross right behind left, step ¼ turn left and scuff right beside left

## REPEAT

As a variation try clapping on the hitches

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