# 10,000 Hours



**拍数:** 32 **墙数:** 4 **级数:** Intermediate

编舞者: Vikki Morris (UK) - October 2019

音乐: 10,000 Hours - Dan + Shay & Justin Bieber: (amazon)



#### Start: quick start – 4 counts

| 04 44 1 5 1 1    |                |                 |                 |               |
|------------------|----------------|-----------------|-----------------|---------------|
| S1: ½ L Ronde, L | Behind R Side. | Cross L. Sway x | 2.R Behind L 7/ | 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 1/4 L, Extended Weave, Step Together

1 2 Rock forward Left, Recover on Right

Step Left next to Right, Step forward Right, Pivot ¼ Left (12 o clock)
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 1/4 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 |
| E G | Stop forward Dight Divet 1/ turn Loft (2 a clock)                    |

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

#### 1/2 L Ronde, L Behind, R Side, Cross L, Sway x2, Modified Sailor 1/4 R, Step L

| 1 | Step forward on Right as | vou turn ½ turn Left as v | you sweep Left foot around and behir | nd (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

Sway Right to Right side, Sway Left to Left sideSway Right to Right side, Sway Left to Left side

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