10,000 Hours

拍数: 32 **墙数:** 4 **级数:** Improver

编舞者: K. Sholes (USA) - January 2020

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

Section 1: Step, Lock, Step, Step, Lock, Step, Step X2

1&2&3&4	Step R forward, Lock L behind R, Step R forward, Step L forward, Lock R behind L, Step L forward, Step R forward,
5&6&7&8	Step L forward, Lock R behind L, Step L forward, Step R forward, Lock L behind R, Step R forward, Step L forward.

Section 2: Step, 1/4 Pivot, Cross, Side, Behind, Rock, Recover, Cross X2, Step

1 2 3&4	Step R forward, Pivot 1/4 left, Cross R over L, Step L to side, Step R behind L,
5&67&8&	Rock L to side, Recover R, Cross L over R, Rock R to side, Recover L, Cross R over L, Step L to side.

Section 3: Rock, Recover, Cha Cha Cha X2

1 2 3&4	Rock R back, Recover L, Step R to side, Step L next to right, Step R to side,
5 6 7&8	Rock L back, Recover R, Step L to side, Step R next to L, Step L to side.

Section 4: Rock, Recover, Coaster, Step, 1/2 Pivot, Shuffle

1 2 3&4	Rock R forward, Recover L, Step RL back, Step R forward,
5 6 7&8	Step L forward, Pivot 1/2 right, Step L forward, Step R next to L, Step L forward.

Begin Again! It's All About Fun!

Tag: Wall #3 (6:00)

1-8	Step R to side, Touch L next to R (clap), Step L to side, Touch R next to L (clap), Step R to side, Touch L next to R (clap), Step L to side, Touch R next to L (clap). 1/2 Tag: Wall #6 (3:00) 1-4 Step R to side, Touch L next to R (clap), Step L to side, Touch R next to L (clap).