

10-4

拍数: 48 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Jean-Pierre Madge (CH) & Rachael McEnaney (USA) - August 2024
音乐: 10-4 (feat. Tracy Lawrence, Eddie Montgomery & Rhett Akins) - Jordan Rowe



Count In: Dance begins 32 counts from when the beat kicks in, dance begins on vocals.

Notes: 1 Tag during 6th wall (6th wall begins facing 3:00, tag happens facing 9:00)

[1 – 8] R HEEL, R HOOK, R FWD, L FLICK BEHIND, L BACK, 1/2 TURN R HITCHING R, R FWD, L HITCH

1 2 3 4 Touch R heel forward [1] Hook R in front of L shin [2] Step R forward [3] Flick L behind R (slap LF with R hand) [4] 12:00

5 6 Step L back [5] Make 1/2 right hitching R knee (option: slap R knee with L hand) [6] 6:00

7 8 Step R forward [7] Hitch L knee (option: slap L knee with R hand) [8] 6:00

[9 – 16] L STOMP, TOE FANS (OUT-IN-OUT) L HEEL SWIVEL, L TOE SWIVEL, R FLICK BACK, R CROSS

1 2 3 4 Stomp L forward (weight remains R) [1] Fan L toe to left [2] Fan L toe to right [3] Fan L toe to left [4] 6:00

5 6 7 8 Swivel L heel to left [5] Swivel L toe to left (taking weight L) [6] Flick R back [7] Cross R over L [8] 6:00

[17 – 24] L SIDE ROCK CROSS, HOLD, WEAVE R (R SIDE, L BEHIND, R SIDE, L CROSS

1 2 3 4 Rock L to left [1] Recover weight R [2] Cross L over R [3] Hold [4] 6:00

5 6 7 8 Step R to right [5] Cross L behind R [6] Step R to right [7] Cross L over R [8] 6:00

TAG: 6th wall (begins facing 3:00) dance the first 20 counts of the dance (through the first 4 counts of section 17-24) - do the last 4 counts of that section (weave) slowed down to hit the lyric "Roger that 10-4" then do the following counts:

Step R to right (lyric: "over"), Step L to left (lyric: "and"). Take both arms out to sides and up for 6 slow counts, then bring them back down for 6 slow counts. (Returning to normal tempo) snap R fingers up [5], snap L fingers up [6], Snap R fingers down [7] snap L fingers down [8]. Then restart the dance. 3:00

[25 – 32] R TOE IN, R HEEL, R CROSS, L TOE IN, L HEEL, L CROSS, R BACK, CLAP

1 2 3 Touch R toe inwards next to L [1] Touch R heel to right diagonal [2] Cross R over L [3] 6:00

4 5 6 Touch L toe inwards next to R [4] Touch L heel to left diagonal [5] Cross L over R [6] 6:00

7 8 Take big step back R [7] Clap hands (in a slicing motion) [8] 6:00

[33 – 40] L COASTER STEP, HOLD, R ROCKING CHAIR

1 2 3 4 Step L back [1] Step R next to L [2] Step L forward [3] Hold [4] 6:00

5 6 7 8 Rock R forward [5] Recover weight L [6] Rock R back [7] Recover weight L [8] 6:00

[41 – 48] R POINT, FLICKS (BEHIND, SIDE, IN FRONT) WITH HAND SLAPS (OR EASY OPTION), R FWD, 1/2 TURN LEFT WITH HEEL BOUNCES

1 2 Point R to right [1] Flick R behind L slapping R with L hand [2] 6:00

3 4 Flick R out to right slapping R with R hand [3] Flick R up in front of L slapping R with L hand [4]

Easy option counts 1 - 4: Point R to right [1] Flick R behind L [2] Point R to right [3] Hitch R [4] 6:00

5 6 7 8 Step R forward [1] Make 1/2 turn left bouncing heels 3 times (weight remains on R) [6,7,8] 12:00

[49 – 56] L BACK, R TOUCH, R FWD, 1/4 TURN RIGHT BRUSH L, L GRAPEVINE

1 2 3 4 Step L back [1] Touch R next to L [2] Step R forward [3] Make 1/4 turn right brushing L next to R [4] 3:00

5 6 7 8 Step L to left [5] Cross R behind L [6] Step L to left [7] Touch R next to L [8] 3:00

[57 – 64] R STOMP, L HEEL IN, L TOE IN, L HEEL IN, L STOMP, R HEEL IN, R TOE IN, R HEEL IN

1 2 3 4	Stomp R to right diagonal [1] swivel L heel to right [2] swivel L toe to right [3] swivel L heel to right [4] 3:00
5 6 7 8	Stomp L to left diagonal [5] swivel R heel to left [6] swivel R toe to left [7] swivel R heel to left [8] 3:00
