

Ten

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Hiroko Carlsson (AUS) - April 2025
音乐: TEN - Sam Feldt & joki : (Spotify/YouTube Music/Apple Music/Amazon Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts, starts with lyrics)

[S1] Fwd Rock, Back-Back, Touch, Hip-Hip-Hip, 1/4L Fwd-1/2L Back

1 2 Rock forward on R, Replace weight on L
&3 4 Run back on R-L (&3), Touch R next to L
5&6 Step R to the side and hip bump to the right-left-right
7 8 Make a ¼ turn stepping forward on L, Make a ½ turn left stepping back on R (3:00)

[S2] Back Rock, Out-Out, Hold and Clap, Side-Touch, 1/4R Side-Touch, Side-Touch

1 2 Rock back on L, Replace weight on R
&3 4 Step diagonally out-out on L-R (&3), Clap hands
5 6 Step L to the side, Touch R next to L
&7 - Slightly moving forward- Make a swift ¼ turn right stepping R to the side (6:00), Touch L next to R
&8 Step L to the side, Touch R next to L

[S3] Fwd, Volta 1/4L, Side Rock Turn 1/4L-Fwd, Volta 1/4L, Side Rock

1 Step forward on R
2&3 - Twist your upper body to the left- Make a ¼ turn left crossing L over R, Step R close, Cross L over R (3:00)
4&5 Rock R to the side, Replace weight on L making a ¼ turn left (12:00), Step forward on R
6&7 - Twist your upper body to the left- Make a ¼ turn left crossing L over R, Step R close, Cross L over R (9:00)
8& Rock R to the side, Replace weight on L

[S4] 1/8L Fwd, Fwd Rock-Back, 3/8R Fwd, Step-Pivot 1/2R, Quick Pivot 1/2R-1/4R Side-Touch

1 2& Make a ⅛ turn left stepping forward on R (7:30), Rock forward on L, Replace weight on R
3 4 Step back on L, Make a ⅜ turn right stepping forward on R (12:00)
5 6 Step forward on L, Make a ½ turn right recover weight on R (6:00)
&7 Step forward on L, Make a ½ turn right recover weight on R (12:00)
&8 Make a ¼ turn right stepping L to the side (3:00), Touch R next to L

No tags or restart.

Ending suggestion: Begin the last wall facing 12:00. Continue dancing towards the end. Finish by running forward on left-right instead of the last "&8" counts.

(updated: 22/Apr/25)