

10,000 Hours

拍數: 32 牆數: 4 級數: Improver
編舞者: Judy Rodgers (USA) - October 2019
音樂: 10,000 Hours - Dan + Shay & Justin Bieber



#4 Count intro - 2 Tags

S1: Kick ball step, walk walk, step turn 1/4 L, cross & cross

1&2 Kick R fwd, step down on R, step L fwd
3-4 Walk fwd R, L
5-6 Step R fwd, turn 1/4 left step L to left side 9:00
7&8 Cross R over L, step L to left, cross R over L

S2: Rock recover, behind side cross & cross, turn 1/4 L step back, side rock cross

1-2 Rock L to left side, recover R
3&4&5 Step L behind R, step R to side, cross L over R, step R to side, cross L over R
6 Turn 1/4 left step R back 6:00
7&8 Rock L to left side, recover R, cross L over R

S3: Step, hold, & rock recover, cross, turn 1/4 R, step lock step

1-2 Step R to right side, hold
&3-4 Step L beside R, rock R to right, recover L
5-6 Cross R over L, turn 1/4 R step L back 9:00
7&8 Step R back, lock L over R, step R back

S4: Turn 1/4 step touch, turn 1/4 turn 1/2, sweep sailor step, mambo step

1-2 Turn 1/4 left step L to left side, touch R beside L 6:00
3-4 Turn 1/4 right step R fwd, turn 1/2 right step L back 3:00
5&6 Sweep R behind L, step L to left side, step R to right side
7&8 Rock L fwd, recover R, step L slightly back

Tag 1: Wall 2 starts 3:00 and ends 6:00.... add 8-count tag below

Heel & toe & heel & step, rocking chair

1&2& Touch R heel fwd, step down on R, touch L toe beside R, step down on L
3&4 Touch R heel fwd, step down on R, step L fwd
5-8 Rock R fwd, recover L, rock R back, recover L

Tag 2: Wall 5 starts 12:00 and ends 3:00.....add 4-count tag below

Dip touch, dip touch

1-2 Step/dip R to right side, touch L beside R
3-4 Step/dip L to left side, touch L beside R

Ending: Wall 7 starts at 6:00 and ends facing 9:00.....

just turn your body a quarter turn right stepping R to right side to face frontand smile!