

# 10,000 Hours

**COPPER KNOB**  
STEPPERS

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 front .....and smile!