

# 10.000 Hours Again

**COPPER** **KNOB**  
BY STEPSHEETS

拍數: 32                      牆數: 2                      級數: Improver  
編舞者: Els de VOS (NL) - October 2019  
音樂: 10,000 Hours - Dan + Shay & Justin Bieber



Tag 1: after wall 1, Tag 2: after wall 4

#32 count intro.

**STEP RIGHT, LEFT, FORWARD, ANCHOR IN PLACE, STEP LEFT, RIGHT BACK, SAILOR ¼ LEFT.**

1-2-3&4              Step R,L fwd, step R next L, step L next R, step R next L.

5-6-7&8              Step L,R back, step L behind R, ¼ turn left step R right , step L left.

**STEP RIGHT FORWARD, STEP LEFT 1/2 RIGHT BACK, SAILOR STEP RIGHT, STEP LEFT , RIGHT FORWARD, MAMBO STEP LEFT.**

1-2-3&4              Step R forward, 1/2 turn right, step L back, step R behind L, step L left, step R right.

5-6-7&8              Step L,R fwd, step L fwd, recover, step L back.

**SHUFFLE BACK RIGHT, SHUFFLE 1/2 LEFT, STEP RIGHT FORWARD, PIVOT ¼ left, CROSS SHUFFLE**

1&2                    Step R back, step L next R, step R back

3&4                    Step L ¼ left, step R next, step L ¼ left fwd

5 – 6                    Step R fwd, pivot ¼ left..

7&8                    Step R across L, step L next R, step R across L.

**LEFT SIDE ROCK, BEHIND SIDE CROSS, RIGHT SIDE ROCK HITCH & STEP**

1-2-3&4              Step L left, recover , step L behind R, step R right, step L across R.

5-6-7&8              Step R left, recover, Hitch R, step R fwd, step L fwd.

**Tag 1 after first wall:**

1-2-3&4              ....Step R fwd ½ turn left, shuffle R

5-6-7&8              .....Step L fwd turn 1/2 right, shuffle L.

**Tag 2 after fourth wall**

1-4                    .....sway right, sway left, sway right, sway left.

**Start again.....Enjoy**

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