

10,000 Hours

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Judy Rodgers - October 2019

Music: 10,000 Hours by Dan + Shay

#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!

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