

One Hundred

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Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Niels Poulsen (DK) May 2018

Music: One hundred by Ida Corr. 99 BPM. Track length: 3.52. Buy on iTunes, etc.

Intro: 16 counts (app. 10 secs. into track). Start with weight on L foot

Tag: See Tag description at bottom of page. Tag comes twice.

After wall 2 (facing 12:00) and after wall 5 (facing 6:00).

Restart: On wall 9 (starts at 12:00), after 16 counts, facing 12:00 again

[1 - 8] R Dorothy $\frac{1}{4}$ L, L Dorothy, R rock fwd, shuffle $\frac{1}{2}$ R

- 1 - 2&** Step R towards R diagonal (1), lock L behind R starting to turn $\frac{1}{4}$ L (2), finish $\frac{1}{4}$ L stepping R a small step to R side (&) 9:00
- 3 - 4&** Step L towards L diagonal (3), lock R behind L (4), step L fwd (&) 9:00
- 5 - 6** Rock R fwd (5), recover back on L (6) 9:00
- 7&8** Turn $\frac{1}{4}$ R stepping R to R side (7), step L next to R (&), turn $\frac{1}{4}$ R stepping R fwd (8) ...

(Option: harder version is to turn $1\frac{1}{2}$ turn R on 7&8) 3:00

[9 - 16] Ball $\frac{1}{4}$ R with dip, $\frac{1}{4}$ L fwd, $\frac{1}{4}$ L side rock cross, L side rock, & R side rock, touch

- &1 - 2** Turn $\frac{1}{4}$ R stepping L to L side (&), cross R over L dipping down in knees (1), turn $\frac{1}{4}$ L on R foot stepping L fwd (2) 3:00

(Note: when you do your dip you hit the word 'Found' during each chorus. This links to my older dance 'I hope you find it' ... lol)

- 3&4** Turn $\frac{1}{4}$ L rocking R to R side (3), recover on L (&), cross R over L (4) 12:00
- 5 - 6** Rock L to L side (5), recover on R (6) 12:00
- &7&8** Step L next to R (&), rock R to R side (7), recover on L (&), touch R next to L (8) ... 12:00

*** Restart here on wall 9, facing 12:00**

[17 - 24] R rocking chair, Run RLR, L rocking chair, shuffle $\frac{1}{2}$ R backwards

- 1&2&** Rock R fwd (1), recover back on L (&), rock back on R (2), recover fwd onto L (&) 12:00
- 3&4** Run R fwd (3), run L fwd (&), run R fwd (4) (option: boogie runs forwards...) 12:00
- 5&6&** Rock L fwd (5), recover back on R (&), rock back on L (6), recover fwd onto R (&) 12:00
- 7&8** Turn $\frac{1}{4}$ R stepping L to L side (7), step R next to L (&), turn $\frac{1}{4}$ R stepping back on L (8) 6:00

[25 - 32] R back rock, R shuffle fwd, L rock fwd, full triple turn L

- 1 - 2** Rock back on R (1), recover fwd to L (2) 6:00
- 3&4** Step R fwd (3), step L behind R (&), step R fwd (4) 6:00
- 5 - 6** Rock L fwd (5), recover back on R (6) 6:00
- 7&8** Turn $\frac{1}{2}$ L stepping L fwd (7), step R next to L (&), turn $\frac{1}{2}$ L stepping L fwd (8) 6:00

Start Again!

Ending: You automatically end facing 12:00. Do the first 6 counts of wall 12 (starts at 12:00). Count 7 is your last beat in the music, just turn a $\frac{1}{4}$ R stepping R to R side to face 12:00 again

TAG: The tag comes twice. After wall 2, facing 12:00. After wall 5, facing 6:00. The tag is:

R touch & heel down X 2, R rock fwd, big step back R with L slide, together

- 1&2&** Touch R next to L (1), step R down (&), touch L heel fwd (2), step L down (&) 12:00
- 3&4&** Touch R next to L (3), step R down (&), touch L heel fwd (4), step L down (&) 12:00

(Note: during counts 1-4& you travel slightly forward)

- 5 - 6** Rock R fwd (5), recover back on L (6) 12:00
- 7 - 8** Make a big step back on R dragging L heel towards R (7), step L next to R (8) ... then start the dance from the top again 12:00

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