## 10,000 More



| Cou                                   | nt: 32 Wall: 4 Level: Intermediate                                                                                                            |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| Choreograph                           | er: Shane McKeever (IRE) October 2019                                                                                                         |
|                                       | ic: 10,000 Hours - Dan & Shay & Justin Bieber (2.48 mins) - approx. 90bpm                                                                     |
|                                       |                                                                                                                                               |
|                                       | nts from start of track - dance begins on vocals.<br>t the end of wall 2 and wall 5.                                                          |
| [1 – 8] R cross ı<br>side, L cross sł | rock, R side rock, R back (1/8 turn), knee pop, L side rock (1/8 turn), L behind, R<br>nuffle                                                 |
| 1&2&                                  | Cross rock R over L [1]. Recover weight L [&]. Rock R to right side [2]. Recover weight L [&] 12.00                                           |
| 3 & 4                                 | Make 1/8 turn right stepping R back [3]. Pop both knees forward raising heels [&].<br>Return to place (straighten knees, drop heels) [4] 1.30 |
| 5&6&                                  | Make 1/8 turn left rocking L to left side [5]. Recover weight R [&]. Cross L behind R [6]. Step R to right side [&] 12.00                     |
| 7 & 8                                 | Cross L over R [7]. Step R to right side [&]. Cross L over R [8] 12.00                                                                        |
| [9 – 16] R ball, I<br>back rock       | _ cross with sweep, R cross, 1/8 turn R back L, R back, L cross, R lock step back, L                                                          |
| &1 2                                  | Step R to right side [&]. Cross L over R as you sweep R [1]. Cross R over L [2] 12.00                                                         |
| 3 & 4                                 | Make 1/8 turn right stepping L back [3]. Step R back [&]. Cross L over R [4] 1.30                                                             |
| 5&6                                   | Step R back [5]. Cross L over R [&]. Step R back [6] 1.30                                                                                     |
| 78                                    | Rock L back [7]. Recover weight R [8] 1.30                                                                                                    |
| [17 – 24] L Hip I<br>L ball, R cross, | oump with 1/2 turn R, R hip bump with 1/2 turn R, L cross, R side (1/8 turn), L heel,<br>unwind 1/2 L                                         |
| 12                                    | Make 1/4 turn right touching L to left side as you bump hips left [1]. Make 1/4 turn right stepping L back [2] 7.30                           |
| 34                                    | Make 1/4 right on L ball as you touch R to right side bumping hips right [3]. Make 1/4 turn right stepping R forward [4] 1.30                 |
| 5&6                                   | Step L forward (slightly across R) [5]. Make 1/8 turn left stepping R to right side [&].<br>Touch L heel to left diagonal [6] 12.00           |
| & 7 8                                 | Step in place on L ball [&]. Cross R over L [7]. Unwind 1/2 turn left transferring weight L [8] 6.00                                          |
| [25 – 32] R shuf<br>R-L-R-L           | fle towards diagonal, L scissor step squaring to 12.00, Box Square turn stepping                                                              |
| 1 & 2                                 | Make 1/8 turn left stepping R forward [1]. Step L next to R [&]. Step R forward [2]<br>4.30                                                   |
| 3 & 4                                 | Make 1/8 turn right stepping L to left side [3]. Step R next to L [&]. Cross L over R 6.00                                                    |
| 5&6&                                  | Step R to right side [5]. Touch/Slide L next to R [&]. Make 1/4 turn left stepping L to left side [6]. Touch/Slide R next to L [&] 3.00       |
| 7 & 8                                 | Make 1/4 turn left stepping R to right side [7]. Touch/Slide L next to R [&]. Make 1/4 turn left stepping L to left side [8] 9.00             |
| START AGAIN                           | HAVE FUN                                                                                                                                      |
| TAG 1: Wall 2: 2                      | 2nd wall begins facing 9.00 and ends facing 6.00. Add the following 8 count Tag:                                                              |
|                                       |                                                                                                                                               |

- 1 & 2 & Step R to right side/slightly forward [1]. Touch L next to R [&]. Step L to left side/slightly forward[2]. Touch R next to L [&]. 6.00
- 3 & 4 & Step R to right side/slightly forward [3]. Step L next to R [&]. Step R to right side/slightly forward [4]. Touch L next to R [&] 6.00
- 5 & 6 & Step L to left side/slightly forward [5]. Touch R next to L [&]. Step R to right side/slightly forward [6]. Touch L next to R [8] 6.00
- 7 & 8 Step L to left side/slightly forward [7]. Step R next to L [&]. Step L to left side/slightly forward [8]. 6.00

## TAG 2: Wall 5: 5th wall begins facing 12.00 and ends facing 9.00. Add the following 4 count Tag:

- 1 & 2 & Step R to right side [1]. Touch L next to R [&]. Step L forward to left side [2]. Touch R next to L [&]. 9.00
- 3 & 4 Step R to right side [3]. Touch L next to R [&]. Step L to left side. [4] 9.00

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