

10.000 HOURS easy

Rhythm: Bolero
(Trng Basic + ½ Moon)
Choreo: Haltmayer (2023)
Music: Dan Shay & Justin Bieber
CD: 10.000 Hours Single
Download: iTunes
Seq: Intro AB ABC B End

Phase: IV+2

Time: 2:48

Speed: 41 (-9%)

- Intro(1) CP/COH - Lead Ft Free
Wait 1 ;
- A(8) Basic ;; Shldr to Shldr 2x ;;
Trng Basic Fc/W ;; Fenceline 2x ;;
- B(10) X Body to Hdshk ; ½ Moon ;; in Hdshk Lunge Brk ;
Shdw NY ; Aida ; Aida Line & Hip Rks ; Switch X ;
Opg Out 2x ;; A B
- C(7) ½ Basic ; Fwd Brk ; L Pass ; Hip Lift R ;
Hip Lift L ;; NY ; Hip Rk 2 ; B
- End(6) NY ; Lunge Brk ; R Pass ; Fwd Brk to CP ;
Hip Rk 2 ; Start Opg Out-Sit & Hold ;