



32 Count, 2 Wall, Improver Choreographer: Niels Poulsen (NL) May 2018 Choreographed to: One Hundred by Ida Corr

One Hundred











99 BPM. Track length: 3.52.

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

1 tag: See tag description at bottom of page. Tag comes twice. After wall 2 (facing 12:00) and after wall 5 (facing 6:00).

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

1 - 8 1 - 2 3 - 4& 5 - 6 7&8 (option: harde	R Dorothy ¼ L, L Dorothy, R rock fwd, shuffle ½ R Step R towards R diagonal (1), lock L behind R starting to turn ¼ L (2), finish ¼ L stepping R & a small step to R side (&) 9:00 Step L towards L diagonal (3), lock R behind L (4), step L fwd (&) 9:00 Rock R fwd (5), recover back on L (6) 9:00 Turn ¼ R stepping R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8)3:00 er version is to turn 1½ turn R on 7&8)
9 – 17 &1 – 2	Ball ¼ R with dip, ¼ L fwd, ¼ L side rock cross, L side rock, & R side rock, touch Turn ¼ R stepping L to L side (&), cross R over L dipping down in knees (1), turn ¼ L on R foot stepping L fwd (2) 3:00
3&4 5 – 6 &7&8	(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' Iol) Turn ¼ L rocking R to R side (3), recover on L (&), cross R over L (4) 12:00 Rock L to L side (5), recover on R (6) 12:00 Step L next to R (&), rock R to R side (7), recover on L (&), touch R next to L (8) * restart here on wall 9, facing 12:00
18 - 24 1&2& 3&4 5&6& 7&8	R rocking chair, Run RLR, L rocking chair, shuffle ½ R backwards Rock R fwd (1), recover back on L (&), rock back on R (2), recover fwd onto L (&) 12:00 Run R fwd (3), run L fwd (&), run R fwd (4) (option: boogie runs forwards) 12:00 Rock L fwd (5), recover back on R (&), rock back on L (6), recover fwd onto R (&) 12:00 Turn ¼ R stepping L to L side (7), step R next to L (&), turn ¼ R stepping back on L (8) 6:00
25 - 32 1 - 2 3&4 5 - 6 7&8	R back rock, R shuffle fwd, L rock fwd, full triple turn L Rock back on R (1), recover fwd to L (2) 6:00 Step R fwd (3), step L behind R (&), step R fwd (4) 6:00 Rock L fwd (5), recover back on R (6) 6:00 Turn ½ L stepping L fwd (7), step R next to L (&), turn ½ L stepping L fwd (8) 6:00

Start Again!

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

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

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

Rock R fwd (5), recover back on L (6) 12:00 5 - 6

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