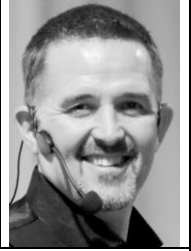


One Hundred

Niels Poulsen (DK): nielsbp@gmail.com

May 2018



Type of dance: 32 counts, 2 walls, high improver, line dance
 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
 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 ☺

Counts	Footwork	End facing
1 – 8	R Dorothy ¼ L, L Dorothy, R rock fwd, shuffle ½ R	
1 – 2&	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
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 ¼ R stepping R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8) ... <i>(option: harder version is to turn 1½ turn R on 7&8)</i>	3:00
9 – 17	Ball ¼ R with dip, ¼ L fwd, ¼ L side rock cross, L side rock, & R side rock, touch	
&1 – 2	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) <i>(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)</i>	3:00
3&4	Turn ¼ 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) ... *restart here on wall 9, facing 12:00	12:00
18 – 24	R rocking chair, Run RLR, L rocking chair, shuffle ½ 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) <i>(option: boogie runs forwards...)</i>	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 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	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 ½ L stepping L fwd (7), step R next to L (&), turn ½ 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 ¼ R stepping R to R side to face 12:00 again ☺	12:00
TAG	The tag comes <i>twice</i> . 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 (&) <i>(Note: during counts 1-4& you travel slightly forward)</i>	12:00
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