

# 10000 HOURS

Choreographer: Birgit & Martin Haltmayer  
Holunderweg 6, 88441 Mittelbiberach, Germany  
Music: Dan Shay & Justin Bieber CD:10000 Hours Single  
download from iTunes  
Rhythm: BOLERO  
Footwork: SQQ - Woman opposite except as noted  
Sequence: Intro AB ABC B End

Release Date: May, 2023  
Email: [birgit@haltmayer.com](mailto:birgit@haltmayer.com)  
Time: 2:48 min/100%  
Speed: 41 (-9%)  
Phase: IV+2 (Half Moon + Turning Basic)  
Difficulty: Easy

## INTRO

1  
1 **WAIT 1 ;**  
in CP COH – lead foot free - wait 1 meas;

## PART A

1-8  
1-2 **BASIC ;; SHOULDER TO SHOULDER 2X ;; TURNING BASIC ;; FENCELINE 2X ;;**  
side L with body rise, -, bk R with slipping action, fwd L;  
side R with body rise, -, fwd L with slipping action, bk R;  
3-4 side L with body rise, -, XRIF lowering, bk L turning to fc partner;  
side R with body rise, -, XLIF lowering, bk R turning to fc partner;  
5-6 side L commencing slight R body rotation, -, turning 1/4 Lfc with slip pivot action bk right, fwd L turning 1/4 Lfc;  
side R, -, fwd L with checking action, bk R;  
7-8 side L with body rise, -, cross lunge thru R with bent knee looking in the direction of lunge, bk L;  
side R with body rise, -, cross lunge thru L with bent knee looking in the direction of lunge, bk R;

## PART B

1-4  
1 **X BODY TO HANDSHAKE ; 1/2 MOON ;; IN HANDSHAKE LUNGE BREAK ;**  
side and back L turning Lfc, -, bk R with slipping action turning Lfc, fwd L turning Lfc to fc COH join R hands;  
**WOMAN: Side and fwd R, -, fwd L crossing in front of man turning Lfc, small side R;**  
2-3 side R comm Rfc turn with R side stretch slight "V" shape toward partner, -, continue turning Rfc slip fwd L  
shaping to partner, recover bk R turning to fc partner; turning 1/4 Lfc side and fwd L with L side stretch, -,  
slip back R shaping to partner, fwd L continue turning 1/4 to fc partner;  
**WOMAN: Side L comm Lfc turn with L side stretch slight "V" shape toward partner, -, continue turning Lfc  
slip fwd R shaping to partner, recover bk L turning to fc partner; turning 1/4 Rfc side and forward R raising L  
arm turning slightly away from partner but looking at and shaping to partner, -, slip fwd L in front of man  
turning Lfc 1/2, bk R continue turning 1/4 Lfc to fc partner;**  
4 in handshake side and fwd R with body rise to LOP Facing, -, comm slight Rfc body turn lowering on R  
leading woman bk extend L to side and bk, comm slight Lfc body turn rising on R to recover;  
**WOMAN: side and bk L with body rise to LOP Facing, -, bk R with contra check like action, fwd L;**

5-8  
5 **SHADOW NEW YORKER ; AIDA ; AIDA LINE & HIP ROCK 2 ; SWITCH CROSS ;**  
in handshake side L with body rise, -, fwd R with slipping action lowering and comm turn to side by side  
position, bk L comm turn to fc partner;  
6 side R to modified slight open "V" shape toward partner, -, thru L, turning Lfc step side R;  
7 continue Lfc turn bk L to bk to bk „V“ Pos, -, rock fwd R, recover bk L;  
8 turning Rfc to fc partner side R, -, recover L, XRIF turning Rfc to BFLY;

9-10  
9 **OPENING OUT 2X ;;**  
close L with body rise comm body rotation, -, lower on L complete upper body turn and extend R foot to side,  
rise and rotate in BFLY Pos to fc LOD;  
**WOMAN: side and bk R with body rise comm body rotation to match partner, -, XLIB bk lowering, fwd R;**  
10 close R with body rise comm body rotation, -, lower on R complete upper body turn to fc RLOD  
and extend L foot to side, rise and rotate in BFLY Pos;  
**WOMAN: side and bk L with body rise comm body rotation to match partner, -, XRIB bk lowering, fwd L;**

**PART C**

**1-4      ½ BASIC FORWARD ; FORWARD BREAK ; LEFT PASS ; HIP LIFT RIGHT ,**

- 1 side L with body rise, -, bk R with slipping action, fwd L;  
2 side and fwd R with body rise to LOP Facing, -, fwd L with contra check like action, bk R;  
3 close L with upper body turn to R leading partner to turn Rfc to a partial wrap, -, bk R with  
slipping action, fwd L turning Lfc to fc COH;  
**WOMAN: Fwd R turning ½ Rfc with bk to partner, -, side and fwd L in front of Man turning Lfc, bk R;**  
4 side bringing R foot to L foot, -, with slight pressure on L foot lift hip, lower hip;

**5-7      HIP LIFT LEFT ; NEW YORKER ; HIP ROCK 2 ;**

- 5 side bringing L foot to R foot, -, with slight pressure on R foot lift hip, lower hip;  
6 side R with body rise, -, fwd L with slipping action lowering and comm turn to side by side position,  
bk R comm turn to fc partner;  
7 rock side L, -, recover rock R, -;

**ENDING**

**1-4      NEW YORKER ; LUNGE BREAK ; RIGHT PASS ; FORWARD BREAK TO BFLY ;**

- 1 side L with body rise, -, fwd R with slipping action lowering and comm turn to side by side position,  
bk L comm turn to fc partner;  
2 side and fwd R with body rise to LOP Facing, -, comm slight Rfc body turn lowering on R  
leading woman bk extend L to side and bk, comm slight Lfc body turn rising on R to recover;  
**WOMAN: side and bk L with body rise to LOP Facing, -, bk R with contra check like action, fwd L;**  
3 forward and side L comm Rfc turn raise lead hands to create window, -, XRIB continue Rfc turn, fwd L;  
**WOMAN: Fwd R, -, fwd L comm Lfc turn, bk R continue Lfc turn under raised lead hands to fc partner;**  
4 side and fwd R with body rise to LOP Facing, -, fwd L with contra check like action, bk R;

**5-6      HIP ROCK 2 ; START OPENING OUT - SIT & HOLD ,**

- 5 rock side L, -, recover rock R, -;  
6 close L with body rise comm body rotation, -, lower on L complete upper body turn fc LOD  
and extend R foot to side,  
**WOMAN: side and bk R with body rise comm body rotation to match partner, -, XLIB bk lowering,**

**Quick Cues**

**CP/COH – Lead Ft Free**

Wait 1 ;

- A(8) Basic ;; Shldr to Shldr 2x ;; Trng Basic Fc/Wall ;; Fenceline 2x ;;  
B(10) Cross Body to Hdshk ; ½ Moon ;; in Hdshk Lunge Brk ;  
Shdw NY ; Aida ; Aida Line & Hip Rk's ; Switch Cross ; Opg Out 2x ;;  
Part A Part B  
C(7) ½ Basic ; Fwd Brk ; L Pass ; Hip Lift R ; Hip Lift L ; NY ; Hip Rk 2 ;  
Part B  
End(6) NY ; Lunge Brk ; R Pass ; Fwd Brk to CP ; Hip Rk 2 ; Start Opg Out - Sit & Hold ;