One Hundred

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Type of dance: 32 counts, 2 walls, 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) (option: harder version is to turn 1½ turn R on 7&8)	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 <i>dipping down</i> in knees (1), turn ¼ L on R foot stepping L fwd (2) (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)	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) (option: boogie runs forwards)	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 (&) (Note: during counts 1-4& you travel slightly forward)	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

