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

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 | R Dorothy 1 14, L Dorothy, R rock fwd, shuffle $1 / 2$ R |
| :---: | :---: |
| 1-2 | Step $R$ towards $R$ diagonal (1), lock $L$ behind $R$ starting to turn $1 / 4 L$ (2), finish $1 / 4 L$ stepping $R \&$ a small step to $R$ side (\&) |
| 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 |
| $7 \& 8$ (optio | Turn $1 / 4 R$ stepping $R$ to $R$ side (7), step $L$ next to $R(\&)$, turn $1 / 4 R$ stepping $R$ fwd (8) ...3:00 version is to turn $11 / 2$ turn $R$ on 7\&8) |


| 9-17 | Ball $1 / 4 R$ with dip, $1 / 4 L$ fwd, $1 / 4 L$ side rock cross, $L$ side rock, \& $R$ side rock, touch |
| :--- | :--- |
| $\& 1-2$ | Turn $1 / 4 R$ stepping $L$ to $L$ side (\&), cross $R$ over $L$ dipping down in knees (1), |
|  | turn $1 / 4 L$ on $R$ foot stepping $L$ fwd (2) |

3\&4 Turn $1 / 4 L$ 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

18-24 R rocking chair, Run RLR, L rocking chair, shuffle $1 / 2 R$ 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 $1 / 4 R$ stepping $L$ to $L$ side (7), step $R$ next to $L(\&)$, turn $1 / 4 R$ 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 $1 / 2 L$ stepping $L$ fwd (7), step $R$ next to $L$ (\&), turn $1 ⁄ 2 L$ 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:
TAG $\quad R$ 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\& $\quad$ 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)
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

