

10,000 HOURS

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Music: 10,000 Hours Artist: Dan & Shay, Justin Bieber Album: 10,000 Hours Available for download as a single at Amazon
Download: [10,000 Hours by Justin Bieber on Amazon Music - Amazon.com](https://www.amazon.com/dp/B000000000)
YouTube: https://youtu.be/P_TRXcv6HAY
Time: As downloaded Recommended speed: 45 in Dancemaster
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm: West Coast Swing Phase: V + 1(Rock Whip) + 1(Shuttlecock Whip) Difficulty: Average
Sequence: INTRO A B BRG A B INTER C B END

Choreographed at the 2025 Goss Choreography School

Special thanks to Bill & Carol Goss for their input!

INTRO

- 1** WAIT;
1 {Wait} Wait 1 meas in LOP fcg ptr & LOD with ld ft free;

PART A

- 1-4** SHUTTLECOCK WHIP;; SHADOW TUCK LADY ROLL 2 TO ANCHOR;;
123&4 1-2 {Shuttlecock Whip} Bk L, rec R across L comm RF trn, sd & fwd L/rec R trng RF, sd & fwd L swvlg sharply RF to SCAR (fwd R, fwd L trng ½ RF, bk R/cl L, fwd R between M's feet swvlg sharply RF to SCAR); fwd R with RF body trn, fwd and sd L blending to LOP LOD, anchor R/L, R (bk L, bk R, anchor L/R, L) LOP LOD;
12-4 3-4 {Shadow Tuck Lady Roll 2 To Anchor} Bk L, rec R across L comm RF trn, ldg W to trn LF cont RF trn pnt L sd toward LOD momentary SHAD position fcg Wall R hnd on top of W's R wrist and L hnd on W's L shldr, fwd L across slot trng RF (fwd R, fwd L, trng ¼ LF touch R to L, trng ¼ RF fwd R towards RLOD trng 1/2); fwd R, fwd L, anchor R/L, R (bk L trn 1/2 RF on L, fwd R cont RF trn to fc ptr, anchor L/R, L) LOP RLOD;
5-8 ROCK WHIP WITH 3 ROCKS TO INSIDE TURN & ANCHOR;; KICK BALL CHANGE;;
123&4 5-8 {Rock Whip With 3 Rocks To Inside Turn & Anchor} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF ½ to SCP, bk R/cl L to R, fwd R) to end momentary CP LOD; trng RF strongly on L fwd R RLOD between W's feet, cont RF trn to rec L towards WALL, cont RF trn fwd R LOD between W's feet, cont RF trn rec L towards COH; trng RF strongly on L fwd R RLOD between W's feet, cont RF trn to rec L towards WALL, hook trn on R raising ld hnds ldg W to trn LF (fwd L trng LF 1/2), sd & fwd L (bk R); anchor R/L, R (L/R, L),
-&4 {Kick Ball Change} Kick L fwd and sd/cl L on ball to R, cl R to L (kick R fwd and sd/cl R on ball to L, cl L to R) LOP LOD;

PART B

- 1-4** SIDE WHIP WITH MAN'S SCOOP;; WHIP WITH INSIDE TURN TO RIGHT HANDSHAKE;;
12--(123&4) 1-2 {Side Whip With Man's Scoop} Bk L, rec R across L trn ¼ RF to "L" pos trn W to SCP, press L fwd and begin to roll fwd onto the ft, - (fwd R, fwd L trn RF ½ to SCP, bk R/cl L, fwd R); Roll wgt fully on to the L ft with knee bend, scoop up & pull R ft undr body while tucking the bottom in and rising, anchor R/L, R (fwd L comm LF trn, cont LF trn sd & bk R, anchor L/R, L) LOP LOD;
123&4 3-4 {Whip With Inside Turn To Right Handshake} Bk L, rec R across L comm RF trn, sd & fwd L trng RF/rec R trng RF, sd & fwd L raise jnd ld hnds (fwd R, fwd L trn RF 1/2, bk R/cl L, fwd R between M's feet); XRib trng RF 1/2 take ld hnds over W's head to ld LF trn, sd & fwd L bring hnds dwn, anchor R/L, R (fwd L trng LF 1/2 undr ld hnds, bk R, anchor L/R, L) to R hndshk LOD;

	5-8	<u>START A LEFT SIDE PASS TO VARSOUVIENNE DRW; WHEEL 2 LADY UNDER TO ANCHOR (HNDS L OVER R); STRAIGHT WHIP TO RIGHT HANDSHAKE;;</u>
123&4	5	{ Start A Left Side Pass To Varsouvienne } Bk L trng ¼ LF, bk R toward COH, keeping jnd R hnds low sip L/R, trng ¼ LF stp fwd L DRW (fwd R, L, make one full LF trn R/L, R keeping jnd R hnds low until end of trn) bringing jnd R hnds up and jng L hnds to VARS POS DRW;
123&4	6	{ Wheel 2 Lady Under To Anchor } In place R comm LF wheel, in place L to fc LOD, raising jnd L hnds to ld W RF undr L hnds anchor R/ L, R (fwd L around M, fwd R to fe LOD, comm RF trn undr jnd L hnds sd & bk L cont RF trn/cl R, sm bk L) hnds crossed L over R LOD;
123&4 123&4	7-8	{ Straight Whip To Right Handshake } Bk L, rec R across L comm RF trn while raising jnd L hnds to allow W to pass undr them, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L undr L hnds, fwd R/cl L to R, bk R) to VARS POS RLOD; raising R hnds XRib trn RF, sd L cont RF trn to fc LOD release L hnds, anchor R/L, R (bk L under R hnds, bk R, anchor L/R, L) end R HNDSHK LOD;

BRIDGE

	1-2	<u>SUGAR PUSH WITH MAN'S HEADLOOP WITH ROCK 2;;</u>
12-4 123&4	1-2	{ Sugar Push With Man's Headloop With Rock 2 } Bk L, bk & sd R with slight RF bdy trn place jnd R hnds over M's head to neck & place M's free hnd to lady's R hip, tap L slightly fwd, rk fwd L (fwd R, fwd L with slight RF bdy trn placing jnd R hnds over M's head to neck, tap R slightly bk of L, rk bk R); Rec R, release R hnds fwd L join ld hnds, anchor R/L, R (rec L, bk R, bk to anchor L/R, bk L) LOP LOD;

REPEAT PART A**REPEAT PART B****INTERLUDE**

	1-4	<u>SUGAR PUSH WITH MAN'S HEADLOOP WITH ROCK 2;; HALF WHIP;;</u>
12-4 123&4 123&4 123&4	1-2 3-4	{ Sugar Push With Man's Headloop With Rock 2 } Repeat Bridge measures 1-2;; { Half Whip } Bk L, rec R across L comm RF trn, swvl RF on R sd L with partial wgt/rec R cont RF trn, sd & fwd L to CP having made 1/2 trn (fwd R, fwd L trng 1/2 RF, bk R/cl L, fwd R between partner's feet) CP RLOD; fwd R, fwd L, anchor R/L, R (bk L, bk R, anchor L/R, L) LOP RLOD;

PART C

	1-5	<u>BACK WALK 2 START LEFT SIDE PASS WITH 4 QUICK VOLTAS;; THROWOUT; CHICKEN WALK 4 QUICKS; QUICK SWIVEL BACK TO BACK & OUT TO FACE;</u>
1234a 1a2a3a4	1-2	{ Back Walk 2 Start Left Side Pass With 4 Quick Voltas } Bk L, bk R, bk L off the track toward COH trn LF, cl R/sd L raise trail arms straight out to sd (fwd R, fwd L, fwd R, fwd L start to trn to fc ptr/sd R raise trail arms straight out to sd); XRif/sd L, XRif/sd L, XRif/sd L, XRif (XLif/sd R, XLif/sd R, XLif/sd R, XLif);
1&23&4	3	{ Throwout } Sd L/cl R, sd & fwd L trng ¼ LF to fc LOD & ldg W to fold in front, sm anchor R/L, R (sd R/cl L, sd & fwd R trng 1/4 LF, anchor L/R, L) LOP LOD;
1234	4	{ Chicken Walk 4 Quicks } Bk L, R, L, R (toe out fwd R, L, R, L);
1-3-	5	{ Quick Swivel Back To Back & Out To Face } Fwd L slowly swvl RF on ball of L ft to fc DRW, leave R ft pointed toward DRW hold, rec R slowly swvl LF on ball of R ft to fc LOD, leave L ft pointed toward LOD hold (fwd R slowly swvl LF on ball of R ft to fc DLW, leave L ft pointed toward DLW hold, rec L slowly swvl RF on ball of L ft to fc RLOD, leave R ft pointed toward RLOD hold) LOP LOD;

REPEAT PART B

END

- 1-4** **SUGAR PUSH WITH MAN'S HEADLOOP WITH ROCK 2;; HALF WHIP;;**
- 12-4 1-2 {**Sugar Push With Man's Headloop With Rock 2**} Repeat Interlude measures 1-2;;
- 123&4
- 123&4 3-4 {**Half Whip**} Repeat Interlude measures 3-4;;
- 123&4
- 5-8** **SUGAR TOE HEEL CROSSES WITH TUCK & TWIRL ENDING;;; SUGAR 2 WITH LADY'S HEADLOOP AND HOLD;**
- 12— 5-7 {**Sugar Toe Heel Crosses With Tuck & Twirl Ending**} Bk L, cl R to BFLY, swvl RF on R & touch L toe to R instep, swvl LF on R & touch L heel diagonally fwd (fwd R, fwd L to BFLY, swvl LF on L & touch R toe to L instep, swvl RF on L & touch R heel diagonally fwd); swvl RF on R & XLif of R, swvl LF on L & touch R toe to L instep, swvl RF on L & touch R heel diagonally fwd, swvl LF on L & XRif of L (swvl LF on L & XRif of L, swvl RF on R & touch L toe to R instep, swvl LF on R & touch L heel diagonally fwd, swvl RF on R & XLif of R) BFLY RLOD; touch L to R tucking W in, fwd L ldg W undr jnd ld hnds releasing trail hnds, anchor R/L, R (touch R to L tucking in toward M, trng 1/2 RF thru hips fwd R toward LOD trng 1/2 RF undr jnd ld hnds to fc M, anchor L/R, L) LOP RLOD;
- 1-4
- 23&4
- 12-- 8 {**Sugar 2 With Lady's Headloop And Hold**} Bk L, trn slightly RF cl R, point L fwd raise jnd ld hnds looping over W's head, - (fwd R, trn slightly RF fwd L, touch R to L allowing M to drape jnd ld hnds over head, -) end close together M fcg DRC with ld hnds draped over W's head looking at partner;

QUICK CUES

INTRO

LOP POS FCG LOD LD FEET FREE WAIT 1;

PART A

**SHUTTLECOCK WHIP;; SHAD TUCK LADY ROLL 2 TO ANCHOR;;
RK WHIP WITH 3 RKS TO INSIDE TRN & ANCHOR;;;, KBCHG,;**

PART B

**SD WHIP WITH MAN'S SCOOP;; WHIP WITH INSIDE TURN TO R HNDSHK;;
START A L SD PASS TO VARSOUV (DRW); WHEEL 2 LADY UNDER TO ANCHOR
(HNDS L OVER R); STRAIGHT WHIP TO R HNDSHK,;**

BRIDGE

SUGAR PUSH WITH MAN'S HEADLOOP WITH RK 2;;

PART A

**SHUTTLECOCK WHIP;; SHAD TUCK LADY ROLL 2 TO ANCHOR;;
RK WHIP WITH 3 RKS TO INSIDE TRN & ANCHOR;;;, KBCHG,;**

PART B

**SD WHIP WITH MAN'S SCOOP;; WHIP WITH INSIDE TURN TO R HNDSHK;;
START A L SD PASS TO VARSOUV (DRW); WHEEL 2 LADY UNDER TO ANCHOR
(HNDS L OVER R); STRAIGHT WHIP TO R HNDSHK,;**

INTER

SUGAR PUSH WITH MAN'S HEADLOOP WITH RK 2;; HALF WHIP;;

PART C

**BK WK 2 START L SD PASS TO 4 QK VOLTAS;; THROWOUT;
CHICKN WK 4 QKS; QK SWVL BK TO BK AND OUT TO FC;**

PART B

**SD WHIP WITH MAN'S SCOOP;; WHIP WITH INSIDE TURN TO R HNDSHK;;
START A L SD PASS TO VARSOUV (DRW); WHEEL 2 LADY UNDER TO ANCHOR
(HNDS L OVER R); STRAIGHT WHIP TO R HNDSHK,;**

END

**SUGAR PUSH WITH MAN'S HEADLOOP WITH RK 2;; HALF WHIP;;
SUGAR TOE HEEL X'S WITH TCK & TWRL ENDG;; SUGAR 2 WITH LDY'S
HEADLOOP & HOLD;**