

TEN ROUNDS

Choreographers: Yvonne Anderson, Gail Fleming.

Description: 32 count + restart, 4 wall, Beginner/Intermediate, line dance

Music: Ten Rounds With Jose Cuervo, by Tracy Bird, Album: Ten Rounds, BPM 127

Alternate: (Country) Where I Come From, by Alan Jackson, Album: When Somebody Loves You, BPM 123

Fast Alternate: (Country) Wild Turkey and 7 Up, by Billy Keeble, Album: Billy K, BPM 142

Alternate Non-Country: A Little Respect, by Erasure, Album: Greatest Hits

Lady Marmalade, All Saints, Respect, Aretha Franklin

Notes: When using Ten Rounds, by Tracy Bird - 32 count intro start on vocals. The first time you start dance from the back (6 o'clock) wall – this is third repetition, there is an instrumental break. Only dance the first 16 counts then restart the dance. Note you will be facing back wall when you restart. For all other music suggestions start on vocals and dance straight through.

R KICK, KICK BALL STEP, STEP, L KICK, KICK BALL STEP, STEP

1-2 Kick Right forward, Kick Right forward

&3-4 & Step ball of Right beside left, Step Left forward, Step Right forward

5-6 Kick Left forward, Kick Left forward

&7-8 & Step ball of Left beside right, Step Right forward, Step Left forward

R ROCK, RECOVER, 1/4 TURN R, STEP ACROSS, 1/4 L, FULL TURN L, STEP BACK

1-2 Rock Right forward, Recover weight on Left

3-4 Make 1/4 Right stepping Right to side, Step Left across right, Right (3 o'clock)

5 Make 1/4 Left stepping back on Right (12 o'clock)

6-7 Full turn Left stepping Left, Right

8 Step back Left (12 o'clock)

(Note: Easy option full turn can be substituted – simply walk back left right)

R COASTER, L SHUFFLE FORWARD, 1/2 PIVOT L, L COASTER

1&2 Step Right back, &Step Left in place, Step Right slightly forward

3&4 Shuffle forward on Left, Right, Left

5-6 Step Right forward, Make 1/2 turn Left weight remains on right (6 o'clock)

7&8 Step Left back, & Step Right in place, Step Left slightly forward

R & L TOE SWITCHES, R HEEL, L TOE, R TOE, L HEEL, TOUCH 1/4 TURN R

1& Touch Right toe to side, & Step Right beside left

2& Touch Left toe to side, & Step Left beside right

3& Touch Right heel forward, & Step Right beside left

4& Touch Left toe back, & step Left beside right

5& Touch Right toe to side & Step Right in place

6& Touch Left Heel Forward & Step Left in place

7-8 Touch Right toe beside Left, Make 1/4 turn Right (weight on Left now facing 3 o'clock)

REPEAT