

# 500 Miles AB

Count: 32

Wand: 4

Ebene: Basic Beginner

Choreograf/in: Annemaree Sleeth (AUS) - January 2020

Musik: I'm Gonna Be (500 Miles) - The Proclaimers



**Intro: 16 Counts. Dance Rotates CCW**

**S 1 [1 - 8] FORWARD, HITCH, FORWARD HITCH, FORWARD 3, TOUCH**

- 1-2 Step R Forward, Hitch L (Knees at Right Angles)
- 3-4 Step L Forward, Hitch R
- 5-6 Step R Forward, Step L Forward
- 7-8 Step R Forward, Touch L Together

**S2 [9 – 16] BACK, TOUCH, BACK, TOUCH, L ¼ VINE, TOUCH**

- 1-2 Step L Diag Back , Touch R Together
- 3-4 Step R Diag Back, Touch L Together
- 5-6 Step L Side, Cross R Behind L
- 7-8 Turn ¼ L Step L Side, Touch R Together - 9.00

**S3 [17 – 24] VINE TOUCH, VINE TOUCH Or Rolling Vines**

- 1-2 Step R Side, Cross L Slightly Behind R
- 3-4 Step R Side, Touch L Together
- 5-6 Step L Side , Cross R Slightly Behind L
- 7-8 Step L Side, Touch R Together

**S4 [25 – 32] SIDE, TOUCH SIDE TOUCH HIPS BUMPS x 4**

- 1-2 Step R Side, Touch L Together
- 3-4 Step L Side, Touch R Together
- 5-6 Step R Side bump Hip R, Bump Hip L
- 7-8 Bump Hip R, Bump Hip L (WgtL)

**TAG 1: END OF WALL 7 TAG OF 8 COUNTS (V STEPS X 2) Starts @ 6.00 FACING 3.00**

- 1-2 Step R Diag Out, Step L Diag Out
- 3-4 Step R Back, Step L Together (Twice)

**TAG 1 Plus END OF WALL 9 TAG OF 14 COUNTS Starts @ 12.00 FACING 9.00**

**Add (6 Counts)**

- 1-2 Step R Side, Touch L Together
- 3-4 Step L Side, Touch R Together
- 5-6 Hold, Hold or Clap (Twice)

**ENDING WALL 13 Starts @ 12.00 FACING 9.00**

**DANCE 32 Counts then**

Step R Forward ¼ L Step L Across R 12.00

**BEGIN AGAIN**

Watch The Video on [annemaree sleeth Youtube](#)

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