

Miles On It

Count: 32

Wall: 4

Level: Improver +

Choreographer: Trent Duncan (AUS) & Narelle Duncan (AUS) - May 2024

Music: Miles On It - Marshmello & Kane Brown



**** 32 Count Into - Start on Lyrics "Girl let's go put some miles" around 14 seconds in.**

[1-8] R Side Behind, Heel & Heel, L Side Behind, Heel & Heel

- 1-2& Step R to R side, Step L Behind R, Step R beside L
- 3&4& Tap L Heel fwd at 45deg, Step L beside R, Tap R Heel fwd at 45deg, Step R beside L
- 5-6& Step L to L side, Step R Behind L, Step L beside R
- 7&8& Tap R Heel fwd at 45deg, Step R beside L, Tap L Heel fwd at 45deg, Step L beside R

[9-16] ¼ Pivot (Roll), Behind, Side, ¼ Fwd, Rock and Coaster

- 1-2 ¼ Paddle - Touch R fwd, Pivot/Paddle ¼ Turn L (option to roll your hips around) - 9:00
- 3&4 Step R behind L, Step L to L Side, Turn ¼ Turn L Step R Fwd - 6:00
- 5-6 Step L fwd, Rock Weight back onto R
- 7&8 (L Coaster) Step L back, Step R beside L, Step L Fwd

[17-24] ¼ Heel Grind, Coaster, Swivel Walk

- 1-2 Turning ¼ Turn R - Place R heel fwd, Grind R Heel into ground whilst turning - 9:00
- 3&4 (R Coaster) Step R back, Step L beside R, Step R Fwd
- 5-8 Swivel Walk Fwd - Walking Fwd LRLR - as you do twist your heel in for each step fwd. Stepping L fwd with foot so toes are pointing to L, Straighten feet, Stepping R fwd with foot so toes are pointing to R, Straighten feet, Stepping L fwd with foot so toes are pointing to L, Straighten feet, Stepping R fwd with foot so toes are pointing to R

[25-32] L Rock Fwd, ½ Turn Shuffle Fwd, R ½ Pivot, Kick Ball Change

- 1-2 Step L Fwd, Rock Weight Back onto R
- 3&4 (½ Turn L Shuffle Fwd) - Turn ½ Turn L, Step L fwd, Step R Beside L, Step L Fwd - 3:00
- 5-6 Step Fwd R, Pivot ½ Turn Over L, Weight onto L - 9:00
- 7&8 (R Kick Ball-Change) - Kick R fwd, Step R beside L, Step L beside R.

End of Dance

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Enjoy the Music and the Dance ♦