

One Mile at a Time (P)

Count: 32

Wall: 0

Level: Partner

Choreographer: David Wressell (UK) & Pat Wressell (UK) - January 2025

Music: One Mile at a Time - Chris John Johnson



(sweetheart position) starting (R,L,D)

Both partners steps the same, with weight on Right.

Step forward Left, Rock back Right, 1/2 shuffle, jazz box with cross.

1-2. Rock forward onto Left, Rock back onto Right.

3&4. 1/2 turn shuffle to the Left, Left, Right, Left.

5-8. Cross Right over Left, Step back Left, step Right to the side, step Left over Right.

Shuffle to the side, Rock back x 2

1&2. Shuffle to the Right, Right, Left, Right.

3-4. Rock back on to Left, Rock back onto Right.

5&6. Shuffle to the Left, Left, Right, Left.

7-8. Rock back on to Right, Rock back onto Left.

Walk, Kickball change, x 2

1-2. Walk forward Right, Left.

3&4. Low kick Right forward, step Right in place, step Left in place.

5-6. Walk forward Right, Left.

7&8. Low kick Right forward, step Right in place, step Left in place.

Shuffle forward x 2, Rock forward and back, 1/2 turn shuffle Right

1-2. Right shuffle forward, Right, Left, Right.

3-4. Left shuffle forward, Left, Right, Left.

5-6. Rock forward onto Right, Rock back onto Left.

7&8. 1/2 Turn shuffle to the Right, Right, Left, Right.

Repeat and Enjoy.
