## Five Hundred (500)

Compte: 32 Mur: 4 Niveau: High Beginner
Chorégraphe: Ole Jacobson (DE) \& Nina K. (DE) - May 2020
Musique: I'm Gonna Be (500 Miles) - The Proclaimers

Start after 16 counts (on the singing)
(1-8) Cross rock, chasse $R$, cross rock, shuffle turn 1/2 left
1-2 Cross RF over LF - Weight recover LF
3\&4 RF step to the right - Step LF next to RF - Step RF to right
5-6 Cross LF over RF - Weight recover RF
7\&8 1/4 turn left, LF step to the left - Step RF next to LF - 1/4 turn left, LF step forward
(9-16) Rock, recover, shuffle 1/2 turn R, $1 / 4$ turn R, $1 / 4$ turn R, coaster step
1-2 RF step forward - Weight recover LF
3\&4 $\quad 1 / 4$ turn right, RF step to the right - Step LF next to RF - $1 / 4$ turn right, RF step forward
5-6 $\quad 1 / 4$ turn right, LF step to the left $-1 / 4$ turn rigth, RF step back
7\&8 LF step back - RF next to LF - LF step forward
(17-24) Cross, recover, together, cross, recover, together, heel switches ( $L+R$ ), walk, walk
1-2 Cross RF over LF - Weight back to LF
\& RF next to LF
3-4 Cross LF over RF - Weight back to RF
\& LF next to RF
5\&6 Tap R heel forward - place RF next to LF - tap L heel forward
\& LF next to RF
7-8 RF step forward - LF step forward
(25-32) Shuffle forward, $1 / 4$ turn $R$, schuffle a cross, side, recover
1\&2 RF step forward - Step LF next to RF - RF step forward
3-4 LF step forward - 1/4 R turn (Weight recover RF)
5\&6 Cross LF over RF - Step RF next to the LF - Cross LF over RF
7-8 RF step to right - Weight back to LF
... and from the beginning
TAG: 7th \& 10th wall (3:00)
*7th.Wall at the end (8 counts)
Jazz box, side, recover, diagonal walk ( $\mathrm{R}+\mathrm{L}$ )
1-4 Cross RF over LF - Step LF back - Step RF right - Cross LF over RF
5-8 RF step right - weight back to LF - 1/8 L turn, RF step forward - LF step forward
*10th.Wall after the first 8 counts, ( 6 counts then restart)
Jazz box, side, recover and restart
1-4 Cross RF over LF - Step LF back - Step RF right - Cross LF over RF
5-6 $\quad$ RF step right - weight back to LF

