

Miles On It EZ

Compte: 32

Mur: 4

Niveau: Easy Beginner

Chorégraphe: Cathy Garland (USA) - July 2024

Musique: Miles On It - Marshmello & Kane Brown



Intro: 32 cts – 2 easy Restarts Wall 3 & 5

KICK AND POINT X2, JAZZ BOX ½ TURN CROSS (12:00-6:00)

- 1&2 Kick RF forward(1), Return RF next to L(&), Touch LF out to L side
- 3&4 Kick LF forward(1), Return LF next to R(&), Touch RF out to R side
- 5-8 Cross RF over L(5), Step LF back making ¼ turn R(6) 3:00, Step RF forward making ¼ turn R(7) 6:00, Cross LF over R(8)

LINDY'S RIGHT AND LEFT (6:00-6:00)

- 1&2 Step RF to R side(1), Step LF next to R(&), Step RF to R side(2)
- 3-4 Rock back on LF(3), Recover on R(4)
- 5&6 Step LF to L side(5), Step RF next to L(&), Step LF to L side(6)
- 7-8 Rock back on RF(7), Recover on L(8)

Restarts here: Wall 3 (starts at 6:00, happens at 3:00) & Wall 5 (starts at 9:00, happens at 3:00)

RIGHT FORWARD CLOSE, RIGHT LOCK STEP, LEFT ROCK RECOVER ½ TURN SHUFFLE (6:00-12:00)

- 1-2 Step RF forward(1), Close LF behind R(2)
- 3&4 Step RF forward(3), Close LF behind R(&), Step RF forward(4)
- 5-6 Rock LF forward(5), Recover on R while starting ½ turn over L shoulder(6)
- 7&8 Continue ½ turn over L shoulder Step LF forward(7), Step RF next to L(&), Step LF forward(8)

HIP STRUT BUMPS X2, RIGHT SAILOR, LEFT ¼ TURN COASTER (12:00-9:00)

- 1-2 Step R toe forward pushing R hip up and out(1), Come down on R heel(2)
 - 3-4 Step L toe forward pushing L hip up and out(3), Come down on L heel(4)
 - 5&6 Step RF behind L(5), Step LF to L side(&), Step RF diagonal forward to R side(6)
 - 7&8 Making ¼ turn L Step LF back(7) , Step RF back next to L(&), Step LF forward(8)
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