

500 Miles

Compte: 0

Mur: 1

Niveau: Intermediate/Advanced



Chorégraphe: Violet Ray (USA)

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

Sequence: A, B, A, B, C, Tag 1, A, Tag 2, B, C, C, B

PART A

HEEL GRINDS, ROCK STEPS MOVING LEFT

- 1-2 Place right heel forward with toes facing left, fan toes from left to right while stepping left foot to left side
- 3-4 Step (rock) right foot back, recover weight on left foot
- 5-8 Repeat 1-4

¼ RIGHT TURNING JAZZ BOX (2X)

- 1-2 Cross right foot over left foot, step back on left foot
- 3-4 Turn ¼ right stepping on right foot, step left foot slightly forward
- 5-8 Repeat 1-4

HEEL GRINDS, ROCK STEPS MOVING LEFT

- 1-2 Place right heel forward with toes facing left, fan toes from left to right while stepping left foot to left side
- 3-4 Step (rock) right foot back, recover weight on left foot
- 5-8 Repeat 1-4

¼ RIGHT TURNING JAZZ BOX (2X)

- 1-2 Cross right foot over left foot, step back on left foot
- 3-4 Turn ¼ right stepping on right foot, step left foot slightly forward
- 5-8 Repeat 1-4

SLOW VAUDEVILLES

- 1-2 Cross right foot over left foot, step left foot to left side
- 3-4 Touch right heel forward at slight angle right, step right foot to right side

Styling: when touching heel forward, lean your body back at an angle

- 5-6 Cross left foot over right foot, step right foot to right side
- 7-8 Touch left heel forward at slight angle left, step left foot to left side

CROSS, HOLD, SIDE, HOLD, CROSS, HOLD, UNWIND ½ TURN LEFT

- 1-2 Cross right foot over left foot, hold
- 3-4 Step left foot to left side, hold
- 5-6 Cross right foot over left foot, hold
- 7-8 Unwind ½ turn left on balls of both feet, ending with weight on left foot

SLOW VAUDEVILLES

- 1-2 Cross right foot over left foot, step left foot to left side
- 3-4 Touch right heel forward at slight angle right, step right foot to right side

Styling: when touching heel forward, lean your body back at an angle

- 5-6 Cross left foot over right foot, step right foot to right side
- 7-8 Touch left heel forward at slight angle left, step left foot to left side

CROSS, HOLD, SIDE, HOLD, CROSS, HOLD, UNWIND ½ TURN LEFT

- 1-2 Cross right foot over left foot, hold

- 3-4 Step left foot to left side, hold
- 5-6 Cross right foot over left foot, hold
- 7-8 Unwind ½ turn left on balls of both feet, ending with weight on left foot

PART B

FORWARD LOCK STEPS

- 1-2 Step right foot forward 45 degree right, cross left foot behind right foot
- 3-4 Step right foot forward 45 degree right, brush left foot forward
- 5-6 Step left foot forward 45 degree left, cross right foot behind left foot
- 7-8 Step left foot forward 45 degree left, step right foot to right side

SAILOR STEP, ½ TURNING SAILOR STEP LEFT

- 1-2 Cross left foot behind right foot, rock right foot to right side
- 3-4 Recover weight on left foot, cross right foot behind left foot
- 5-6 Turn ¼ to left stepping on left foot, step right foot to right side
- 7-8 Cross left foot behind right foot, turn ¼ to left stepping on right foot

FORWARD LOCK STEPS

- 1-2 Step left foot forward 45 degree left, cross right foot behind left foot
- 3-4 Step left foot forward 45 degree left, brush right foot forward
- 5-6 Step right foot forward 45 degree right, cross left foot behind right foot
- 7-8 Step right foot forward 45 degree right, step left foot to left side

SAILOR STEP, ½ TURNING SAILOR STEP RIGHT

- 1-2 Cross right foot behind left foot, rock left foot to left side
- 3-4 Recover weight on right foot, cross left foot behind right foot
- 5-6 Turn ¼ to right stepping on right foot, step left foot to left side
- 7-8 Cross right foot behind left foot, turn ¼ to right stepping on left foot

PART C

TOE HEEL STRUTS RIGHT

- 1-2 Tap right toe to right side, drop right heel putting weight on right foot
- 3-4 Cross left toe over right foot, drop left heel putting weight on left foot
- 5-6 Tap right toe to right side, drop right heel putting weight on right foot
- 7-8 Cross left toe over right foot, drop left heel putting weight on left foot

SYNCOPATED PADDLE TURNS (TWO FULL TURNS TO THE LEFT)

- &1 Step ball of right foot to side of left foot, turn ¼ left stepping on left (9:00)
- &2 Step ball of right foot to side of left foot, turn ¼ left stepping on left (6:00)
- &3 Step ball of right foot to side of left foot, turn ¼ left stepping on left (3:00)
- &4 Step ball of right foot to side of left foot, turn ¼ left stepping on left (12:00)
- &5 Step ball of right foot to side of left foot, turn ¼ left stepping on left (9:00)
- &6 Step ball of right foot to side of left foot, turn ¼ left stepping on left (6:00)
- &7 Step ball of right foot to side of left foot, turn ¼ left stepping on left (3:00)
- &8 Step ball of right foot to side of left foot, turn ¼ left stepping on left (12:00)

Fun styling for above: put both hands up above head and wiggle fingers

TOE HEEL STRUTS LEFT

- 1-2 Cross right toe over left foot, drop right heel putting weight on right foot
- 3-4 Tap left toe to left side, drop left heel putting weight on left foot
- 5-6 Cross right toe over left foot, drop right heel putting weight on right foot
- 7-8 Tap left toe to left side, drop left heel putting weight on left foot

SYNCOPATED PADDLE TURNS (TWO FULL TURNS TO THE LEFT)

- &1 Step ball of right foot to side of left foot, turn ¼ left stepping on left (9:00)
- &2 Step ball of right foot to side of left foot, turn ¼ left stepping on left (6:00)
- &3 Step ball of right foot to side of left foot, turn ¼ left stepping on left (3:00)
- &4 Step ball of right foot to side of left foot, turn ¼ left stepping on left (12:00)
- &5 Step ball of right foot to side of left foot, turn ¼ left stepping on left (9:00)
- &6 Step ball of right foot to side of left foot, turn ¼ left stepping on left (6:00)
- &7 Step ball of right foot to side of left foot, turn ¼ left stepping on left (3:00)
- &8 Step ball of right foot to side of left foot, turn ¼ left stepping on left (12:00)

Fun styling for above: put both hands up above head and wiggle fingers

TAG 1

TOE HEEL STEPS IN PLACE

- 1-2 Tap right toe next to left foot, drop right heel putting weight on right foot
- 3-4 Tap left toe next to right foot, drop left heel putting weight on left foot
- 5-8 Repeat 1-4

TAG 2

TOE HEEL STEPS IN PLACE, PAUSE, SLOW VAUDEVILLE

- 1-2 Tap right toe next to left foot, drop right heel putting weight on right foot
 - 3-4 Tap left toe next to right foot, drop left heel putting weight on left foot
 - 5-6 Pause

 - 1-2 Cross right foot over left foot, step left foot to left side
 - 3-4 Touch right heel forward at slight angle right, step right foot to right side
 - 5-6 Cross left foot over right foot, step right foot to right side
 - 7-8 Touch left heel forward at slight angle left, step left foot to left side
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