

Hundred Miles

拍数: 32 墙数: 4 级数: Improver
编舞者: Francoise Fournier (CH) - January 2019
音乐: Hundred Miles by Gabriela Richardson, 100 BPM



Intro: 18 Count (2 count before Lyrics) - Clockwise.

KICK BALL CROSS CHASSE R, SIDE ROCK, BEHIND SIDE CROSS, ¼ TURN L

1 RF Kick forward
& RF Step together on ball
2 LF Cross over RF
& RF Step R
3 LF Cross over RF
4 RF Step R
5 LF Recover weight
6 RF Cross behind LF
& LF Step L
7 RF Cross over LF
8 LF ¼ Turn L, Step forward (9.00)

ROCKING CHAIR, ½ STEP TURN L, TRIPLE TURN L

9 RF Step forward
10 LF Recover weight
11 RF Step backwards
12 LF Recover weight
13 RF Step forward
14 LF ½ Turn L, Step forward (3.00)
15 RF ¼ Turn L, Step R (12.00)
& LF Step together
16 RF ¼ Turn L, Step backwards (9.00)

ROLLING WINE L, TOUCH, ¼ TURN R, OUT OUT IN IN

17 LF ¼ Turn L, Step forward (6.00)
18 RF ½ Turn L, Step backwards (12.00)
19 LF ¼ Turn L, Step L (9.00)
20 RF Touch together
21 RF ¼ Turn R, Step diagonally forward (12.00)
22 LF Step L
23 RF Step in centre
24 LF Step together (12.00)

¼ TURN R, SHUFFLE, JAZZ BOX TOUCH, KICK BALL STEP

25 RF ¼ Turn R, Step forward (3.00)
& LF Step together
26 RF Step forward
27 LF Cross over RF
28 RF Step backwards
29 LF Step L
30 RF Touch together
31 RF Kick forward
& RF Step together on ball
32 LF Step forward (3.00)

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