

# 5 Miles

拍数: 32      墙数: 4      级数: Intermediate  
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(INA) - November 2019  
音乐: 5 Miles - James Blunt : (Official Video Lyrics)



Tag : 4 counts after wall 9

Restart : On wall 2 - 4- 6 after 16 counts

Start Dance after music intro 16 counts

## S1# WALK FORWARD - KICK BALL FORWARD - LOCK SHUFFLE - MAMBO 1/4 to L

1-2            Step R - L forward  
3&4           Step R kick forward , R tap in place, L forward  
5&6           Step R forward , L lock behind R , R forward  
7&8           Step L forward , R in place , L side 1/4 turn to L ( 9.00 )

## S2# CROSS - HOLD - SIDE - CROSS SHUFFLE - SIDE ROCK - CROSS - SIDE - 1/2 TURN

1-2-&        Step R cross over L , HOLD , L to side  
3&4           Step R cross over L , L to side , R cross over L  
5-6           Step L to side , R recover  
7&8           Step L cross over R , R to side , L 1/2 turn to L ( 3.00 ) weight on L

\*( Restart here on wall 2- 4 - 6 )\*

## S3# FORWARD ROCK - BACK LOCK (R-L) - BACK ROCK

1-2           Step R forward , L recover  
3&4           Step R cross behind L , L back cross over R , R back  
5&6           Step L cross behind R , R back cross over L , L back  
7-8           Step R back , L recover

## S4# DOROTHY ( R-L ) - CROSS - BACK - BACK DRAG - COASTER STEP

1-2-&        Step R forward diagonal , L lock behind R , R forward diagonal  
3-4-&        Step L forward diagonal , R lock behind L , L forward diagonal  
5&6           Step R cross over L , L back , R back slightly  
7&8           Step L back , R close beside L , L forward

## TAG 4 COUNTS

### V STEP

1-2-3-4.      Step R forward diagonal to R , L to side , R back to center , L close beside R

Enjoy The Dance

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