

Five Hundred (500)

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Ole Jacobson (DE) & Nina K. (DE) - May 2020
音乐: 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 1/4 turn right, RF step to the right - Step LF next to RF - 1/4 turn right, RF step forward
5-6 1/4 turn right, LF step to the left - 1/4 turn right, 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 (R + 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 RF step right - weight back to LF