

# Five Hundred Miles

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Dirk Leibing (DE) - January 2024  
音乐: Ein Zug fährt durch die Nacht (500 Miles) - Art Garfunkel jr. & Art Garfunkel



Intro : 32 counts ~16 sec. No Tag, No Restart

**(I) Rock Step, Coaster Step, Rock Step, ¼ Turn Chassee**

1-2                      Rock RF forward(1), Recover on LF(2)  
3&4                      Step RF back(3), Close LF next to RF(&), Step RF forward(4)  
5-6                      Rock LF forward(5), Recover on RF(6)  
7&8                      Turn ¼ left stepping LF left(7)(9:00), Close RF next to LF(&), Step LF left(8)

**(II) Heel Grind, Sailor Step, Cross, Side, Behind Side Cross**

1-2                      Grind R heel over L(1), Step LF left(2)  
3&4                      Step RF behind LF(3), Step LF next to RF(&), Step RF right(4)  
5-6                      Cross LF in front of RF(5), Step RF right(6)  
7&8                      Step LF behind RF(7), Step RF right(&), Cross LF in front of RF(8)

**(III) Side Rock, Sailor Step, Heel Grind, Shuffle back**

1-2                      Rock Rf right(1), Recover on LF(2)  
3&4                      Step RF behind LF (3), Close LF next to RF(&), Step RF right(4)(10:30)  
5-6                      Grind L heel over R turning 1/8 left(5)(9:00), Step RF back(6)  
7&8                      Step LF back(7), Close RF next to LF(&), Step LF back(8)

**(IV) Behind, ½ Unwind , ¼ Turn Side Strut, Walk(RLRL) with ¼ Turn**

1-2                      Touch right toe back(1), Turn 1/2 right and Step down on RF(2)(3:00)  
3-4                      Turn ¼ right touching left toe left(3), Step down on LF(4)(6:00)  
5-6                      Walk RF with 1/8 Turn right(5)(7:30), Step LF forward(6)  
7-8                      Walk RF with 1/8 Turn right(7)(9:00), Step LF forward(8)

Start again

Have Fun  
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