

Miles On It

拍数: 32 墙数: 4 级数: Improver
编舞者: Ray Okuda (USA) - May 2024
音乐: Miles on It - Kane Brown & Marshmello



Intro: 32 counts - No Tags - No Restarts

[1-8] Heel Switches, Ball Rock, Pony Back R L

1&2& R heel forward (1), Ball R next to L (&), L heel forward (2), Ball L next to R (&)
3 - 4 Rock R forward (3), Recover L (4)
5&6 Step R back and hitch left knee (5), Step L (&), Step R behind and hitch left knee (6)
7&8 Step L back and hitch right knee (7), Step R (&), Step L behind and hitch right knee (8)

[9-16] Side Rock, Behind Side Cross x2

1 - 2 Rock R to right side (1), Recover L (2)
3&4 Step R behind L (3), Step L to left side (&), Cross R over L (4)
5 - 6 Rock L to left side (5), Recover R (6)
7&8 Step L behind R (7), Step R to right side (&), Cross L over R (8)

[17-24] Heel Grind, Coaster Step, Hop, Hip Rolls x2

1 - 2 Rock forward on the R heel (1), Recover L with $\frac{1}{4}$ turn right (2)
3&4 Step R back (3), Step L back (&), Step R forward (4)
5 - 6 Hop forward onto both feet spread apart and roll hips counter clockwise (5 and 6)
7 - 8 Roll hips counter clockwise (7 and 8)

[25-32] $\frac{1}{2}$ Pivot, Right Shuffle, $\frac{1}{2}$ Pivot, Hop x2

1 - 2 Step R forward (1), $\frac{1}{2}$ pivot left putting weight on L (2)
3&4 Step R forward (3), Step L next to R, (&), Step R forward (4)
5 - 6 Step L forward (5), $\frac{1}{2}$ pivot right putting weight on R (6)
7 - 8 Hop both feet together (7), Hop both feet together (8)

Last Update: 17 Jul 2024
