

Miles On It

拍数: 32 墙数: 4 级数: Phrased Intermediate
编舞者: Steve Carlson (USA) & Claire Chmielewski (USA) - June 2024
音乐: Miles On It - Marshmello & Kane Brown



Phrased Sequence: AA BB AA BB AA

(A 1) Right Shuffle, Right heel kick, Left heel kick, Natural 3/4 turn stepping Left, right, Left step forward & right touch

1&234 Shuffle Right, left, Right to the right side and perform right heel then left heel kick switch to L oblique corner
5 6 7 8 Complete Natural $\frac{3}{4}$ turn to (9:00) pivoting on left foot first then right, Left step forward & right foot touch

(A 2) Right Pony step, Left Pony step, step back right, left, right, & natural $\frac{1}{4}$ turn touching left next to right

1&23&4 Pony steps moving backwards Right, left, right, then Left, right, left
5 6 7 8 Step back right, then left, then right as you start a natural $\frac{1}{4}$ turn & touch left next to right as you face the home wall.

(A 3) Right kick ball change twice, Right leg sweep back, left leg sweep back, left coaster step

1&23&4 Right Kick Ball change twice
5 6 7&8 Right leg sweep back, Left leg sweep back, step left foot behind, recover weight on R foot & L foot step forward

(A 4) Natural Jazz box $\frac{1}{4}$ turn, then Reverse half paddle turn

1234 Cross Right foot over left, Left foot step back R foot step to (3:00) wall, L foot step next to right
5678 Right foot touch hitch 4X as you perform a reverse half paddle turn

(B 1) Right stomp-hold sailor step recover, Right stomp-hold, left behind & cross in front of Right foot

123&4567&8 R foot stomp to right, hold, left sailor step behind right foot and recover on left. R foot stomp to right, hold, Left foot behind right, right foot out to right side, left foot cross in front of right foot.

(B 2) Right side rock and recover on left, Natural $\frac{1}{4}$ turn performing R heel twist & Heel touch 2X

1234 Rock to the right side & recover on left, R step next to left, left step out to left
5678 Natural $\frac{1}{4}$ turn performing Right heel dig & right heel touch twice

(B 3) Left Rocking chair, Left Toe in, L toe out reverse $\frac{1}{4}$ turn, step Left forward, step Right forward

1234 Left rock forward, recover back on Right, left rock back, recover on right foot
5678 Left toe pivot in, Left toe out performing reverse $\frac{1}{4}$ turn, Left foot forward, right next to left

(B 4) Shuffle to the left, reverse $\frac{1}{4}$ turn & shuffle to the right, then reverse box step full turn around.

1&23&4 Shuffle to the left side L, R, L, perform reverse $\frac{1}{4}$ turn as you shuffle R, L, R, to the right
5678 Box step (R, L, R, L) as you perform reverse full turn around

This was such a fun dance to choreograph with Claire as a Co-choreographer we will certainly release more in the future. Demo video will be uploaded shortly. Thank you in advance for sharing any videos of you dancing this at your favorite spot to dance! Enjoy!

Steve is available for special guest instruction events by contacting cowboystevelinedance@gmail.com.