

Miles On It

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nigel Mooney (NZ) - May 2024
音乐: Miles On It - Marshmello & Kane Brown



S1: 2 Slides Forward 45° on the Right, 2 Slides Forward 45° on the Left

1-2 Step R fwd onto R diagonal (1) Step L beside R (2)
3-4 Step R fwd onto R diagonal (3) Touch L beside R (4)
5-6 Step L fwd onto L diagonal (5) Step R beside L (6)
7-8 Step L fwd onto L diagonal (7) Touch R beside L (8)

S2: 2x Struts Back, 2x Hip Rolls

1-2 Step R toe back (1) Drop R heel (2),
3-4 Step L toe back (3) Drop L heel (4)
5-8 Step R foot to R side (5) Roll hips back and around from left to right (anti-clockwise) twice,
finishing with weight on L (6,7,8)

***Restart here on walls 3 (facing 6:00) & 5 (facing 9:00)**

S3: Forward, Tap, Back, Kick, Back, Tap, Forward, Scuff

1-2 Step R fwd (1) Touch L slightly behind R (2)
3-4 Step back on L (3) Kick R foot fwd (4)
5-6 Step back on R (5) Touch L slightly in front of R (6)
7-8 Step L fwd (7) Scuff R fwd (8)

S4: Step Forward, ¼ Pivot, Cross, Hold, ¼, ¼, Cross, Hold.

1-2 Step R fwd (1) ¼ pivot L (2)
3-4 Cross R over L (3) Hold (4)
5-6 ¼ turn R stepping back on L (5) ¼ turn R stepping R to R side (6)
7-8 Cross L over R (7) Hold (8)

RESTART: During walls 3 & 5, restart the dance after count 16 (hip rolls).

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