

Miles On It

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - July 2024
音乐: Miles On It - Marshmello & Kane Brown



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

Intro: 32 counts

[S1] Fwd Rock-Back with Flick, Back Rock, Fwd Rock-Back with Flick, Coaster Step

1 2 3 Rock forward on R, Replace weight on L, Step/hop back on R / flick L foot slightly across in front of R
4& Rock back on L, Replace weight on R
5 6 7 Rock forward on L, Replace weight on R, Step/hop back on L / flick R foot slightly across in front of L
8&1 Step back on R, Step L beside R, Step forward on R

[S2] Step-Pivot 1/4R, Boogie Walk, Flip Turn 1/2R-Touch Together

2 3 Step forward on L, Make a ¼ turn right recover weight on R (3:00)
4 5 6 Boogie walk forward on L-R-L
7&8 Step forward on R, Make a swift ½ turn right stepping back on L (9:00), Touch R next to L

- Restart here on Wall 3 and Wall 5

[S3] Step-Pivot 1/2L, Quick Step-Pivot 1/2L-1/4L Side Rock, Behind-Side-Cross Rock-1/4R Flick

1 2 Step forward on R, Make a ½ turn left recover weight on L (3:00)
3& Step forward on R, Make a ½ turn left recover weight on L (9:00)
4 5 Making a ¼ turn left rock R to the side (6:00), Replace weight on L
6& Step R behind L, Step L to the side
7 8 1 Rock/across R over L, Replace weight on L, Make a ¼ turn right stepping (slightly hop) forward on R / flick L back (9:00)

[S4] Fwd, Step-Lock-Step, 1/4L-Hitch Turn 1/2L, 1/4L Back Rock

2 Step forward on L
3&4 Lock step forward on R-L-R
5 Make a ¼ turn left stepping forward on L (6:00)
6 7 Make a ¼ turn on ball of L foot hitching R knee with R hip (3:00), Make a ¼ turn on ball of L foot hitching R knee with R hip (12:00)
8& Make a ¼ turn left stepping (rock) back on R (9:00), Replace weight on L

Restart on Wall 3 count 16 (3:00) and Wall 5 count 16 (9:00)

Ending suggestion: The last wall ends facing 3:00. Add,
Fwd Rock-Back-Sailor 1/4R

1 2 3 Rock forward on R, Replace weight on L, Step back on R
4&5 Step L behind R, Make a ¼ turn right stepping R beside L, Step forward on L (12:00)