

Miles On It

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Curtis Dooma (CAN) - 30 July 2024
音乐: Miles On It - Marshmello & Kane Brown



No Tags, No Restarts
Intro of 32 Counts

Section 1: R Heel Grind (1/4 L), R Back Shuffle, Rock/Recover, L Forward Shuffle

1, 2 R Heel Grind (L ¼-Turn to face 9:00),
3&4 R Back Shuffle (R, L, R),
5, 6 L Back Rock, R Recover,
7&8 L Forward Shuffle (L, R, L).

Section 2: R Step 1/2 Pivots (×2), R Toe-Heel-Triple

1, 2 R Forward Step to ½ Pivot L (to face 3:00),
3, 4 R Forward Step to ½ Pivot L (to face 9:00),
5, 6 R Toe Touch to R, R Heel Touch to R,
7&8 R Triple Step in Place (R, L, R).

Section 3: L Toe-Heel-Triple, R Jazz Box with Cross

1, 2 L Toe Touch to L, L Heel Touch to L,
3&4 L Triple Step in Place (L, R, L),
5, 6, 7, 8 R Jazz Box with a Cross (R cross in front of L, L step behind R, R Step to R side, L cross in front of R).

Section 4: R Lindy Step, L Lindy Step

1&2, 3-4 R Lindy (R Step to R, L Step Together, R Step to R, L Rock Behind R, R Recover)
5&6, 7-8 L Lindy (L Step to L, R Step Together, L Step to L, R Rock Behind L, L Recover).

Last Update: 31 Jul 2024
