

Miles On It

拍数: 32 墙数: 4 级数: Beginner
编舞者: Christine Stewart (NZ) - August 2024
音乐: Miles On It - Marshmello & Kane Brown : (Single)



Restarts during walls 3 and 5 after count 16

ENDING: Add ENDING at bottom of step sheet after count 4 wall 12 to finish the dance facing 12:00

Intro: 32 counts. Dance rotates CW (clockwise) direction

Begin facing 12:00 with weight on Left foot and Right foot touched beside Left foot

[1 – 8] DIAGONAL STEP-TOGETHER-STEP, TOUCH, DIAGONAL STEP-TOGETHER-STEP, TOUCH

- 1 - 4 Step Right foot forward towards right diagonal, Step onto Left foot beside Right, Step Right foot forward towards right diagonal, Touch Left foot beside Right foot (for styling add "Motown/Shoop Shoop" arms)
- 5 - 8 Step Left foot forward towards left diagonal, Step onto Right foot beside Left foot, Step Left foot forward towards left diagonal, Touch Right foot beside Left foot (for styling add "Motown/Shoop Shoop" arms)

[9 – 16] BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

- 1 - 2 Step Right foot back on right diagonal, Touch Left foot beside Right foot and clap
- 3 - 4 Step Left foot back on left diagonal, Touch Right foot beside Left foot and clap
- 5 - 6 Step Right foot back on right diagonal, Touch Left foot beside Right foot and clap
- 7 - 8 Step Left foot back on left diagonal, Touch Right foot beside Left foot and clap (restarts happen here)

Restart 1 happens during wall 3 facing 6:00. Dance starts again facing 6:00

Restart 2 happens during wall 5 facing 9:00. Dance starts again facing 9:00

[17 – 24] VINE TO THE RIGHT MAKING A ¼ TURN RIGHT, TOUCH, VINE TO THE LEFT, TOUCH

- 1 - 4 Step Right foot to right side, Step onto Left foot behind Right foot, Turn ¼ right and step Right foot forward, Touch Left foot beside Right foot (3:00) (3:00)
- 5 - 8 Step Left foot to left side, Step onto Right behind Left foot, Step Left foot to left side, Touch Right foot beside Left foot

[25 – 32] RIGHT ROCKING CHAIR, STEP FORWARD, KICK, STEP BACK

- 1 - 4 Step/Rock Right foot forward, Rock back onto Left foot, Step/Rock Right foot back, Step/Rock forward onto Left foot
- 5 - 8 Step Right foot forward, Kick Left leg forward, Step back onto Left foot, Touch Right foot beside Left foot (3:00)

ENDING: Change steps 5 - 8 during wall 12 (you'll be facing 3:00) to finish facing 12:00

1/4 TURN LEFT STEP-TOGETHER-STEP

- 5 - 8 Turn ¼ left and step Left foot forward, Step onto Right foot beside Left foot, Step Left foot forward, Touch Right foot beside Left foot. (12:00)

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