

10 Miles

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael Lynn (UK) - September 2007
音乐: Ten Miles - Infernal : (Album: From London To Berlin)



Intro: 32 counts

SLIDE, BACK ROCK RECOVER, SIDE, BEHIND, 1/4 TURN LEFT, STEP, PIVOT 1/2 LEFT, 1/2 LEFT

- 1 Large slide step right to right side,
- 2-3 Cross rock left behind right, recover onto right,
- 4&5 Step left to left side, cross step right behind left, step left 1/4 turn left,
- 6-7 Step forward right, pivot 1/2 turn left (transferring weight onto left),
- 8 Turn 1/2 left stepping back on right.

LEFT COASTER, STEP, PIVOT 1/2 LEFT, 1/2 TURN LEFT COASTER STEP, LOCKSTEP

- 1&2 Step back left, step right beside left, step forward left,
- 3-4 Step forward right, pivot 1/2 turn left (transferring weight onto left),
- 5 Turn 1/2 left stepping back on right,
- 6&7 Step back left, step right beside left, step forward left,
- 8&1 Step forward right, lock left behind right, step right forward.

SWEEP 1/4 RIGHT, CROSS SHUFFLE RIGHT, SKATES x2, RIGHT CHASSE

- 2 Sweep left over right making 1/4 turn right,
- 3&4 Cross left over right, step right to right side, cross left over right,
- 5-6 Skate right, skate left,
- 7&8 Step right to right side, step left beside right, step right to right side.

CROSS, HOLD, RIGHT SIDE ROCK RECOVER, CROSS, SIDE, HEEL TOUCH, HOLD, STEP, FORWARD SHUFFLE LEFT

- 1-2 Cross left over right, hold for count 2,
- 3&4& Rock right to right side, recover weight onto left, cross right over left, step left to left side,
- 5-6& Touch right heel to right diagonal, hold for count 5, step onto right making 1/4 turn right,
- 7&8 Step forward left, close right beside left, step forward left.

TAG (danced once after Wall 8)

SWAY x2, STEP, PIVOT 1/2

- 1-2 Step right to right side while swaying right, left,
- 3-4 Step forward right, pivot 1/2 turn left (transferring weight onto left).

POP TRACK

Alt Music: "Ten Miles (Radio Edit) (3mins 02secs)" by Infernal (32 count intro, 105bpm) CD Single: "10 Miles" by Infernal

If using the radio edit a restart is needed after the first 16 counts on Wall 5. The Tag is in the same place after Wall 8

COUNTRY TRACK

Alt Music: "I Think I Will" by Faith Hill (25sec intro (start on vocals), 85bpm) Album: "Cry" by Faith Hill

If using this track a restart is needed after the first 16 counts on Wall 3.

ALT POP TRACK

Alt Music: "I Put A Spell On You" by Bryan Ferry (32 count intro, 103bpm) Album: "Taxi" by Bryan Ferry. No tags/restarts with this track.

