

# Miles In These Shoes

**COPPER** **KNOB**  
STEPSHEETS

拍数: 0                      墙数: 0                      级数: Phrased Intermediate  
编舞者: Regina Cheung (CAN) - September 2008  
音乐: Mile In These Shoes - Jennifer Lopez



Count In: 16 counts from start of music

Sequence : AB, Tag, ABB, AB (easy to follow the music)

## A

### Side Touch, Front Touch, Kick Ball Touch X 2

1-4                      right touch out, touch front, kick ball left touch  
5-8                      left touch out, touch front, kick ball right touch [12:00]

### Weave - Side, Behind, Side, Cross, Side Rock Cross, Side Cross

1-4                      right side, left behind, right side, left across  
5 & 6                      right side rock cross  
7 8                      left side, right across [12:00]

### Side Rock Cross, Sway Sway, Back Sailor, Anchor Steps

1 & 2                      left side rock cross  
3 4                      sway sway  
5 & 6                      right back recover side  
7 & 8                      left step behind right, step right in place, step left in place [12:00]

### Back Rock, Forward Rock, Back Touch, Forward Touch

1 - 4                      right rock backward, rock forward  
5 - 8                      right back, left touch, left forward, right touch [12:00]

### Turn 3/4 Left, Cross Side Cross, Side Rock, Kick Ball Cross

1 - 4                      right back 1/2 left, left 1/4 side, cross side cross  
5 - 8                      left side rock, kick ball cross [3:00]

### Side Cross, Twist 1/4 Turn, Twist 1/4 Turn, Sailor 1/4 Turn, Forward 1/2 Turn Right

1 2                      left side, right across  
3 4                      On balls of both feet twist a ¼ turn L, on balls of both feet twist a ¼ turn R (weight ends on L)  
5 & 6                      sailor 1/4 turn right [6:00]  
7 8                      left forward 1/2 turn right [12:00]

### L Wizard, R Wizard, L Mambo, R Mambo

1 2 &                      step left forward on a left diagonal, lock right behind left, step forward left  
3 4 &                      step right forward on a right diagonal, lock left behind right, step forward right  
5 6 &                      left mambo  
7 8 &                      right mambo [12:00]

### Toe 1/4 Turn, Hip Roll, 2 X 1/4 Paddles Rolling Hips Turn Left

1 2                      step left toe back, Turn ¼ left on ball of right (weight ends on left)  
3 4                      roll hips  
5 6                      paddle turn 1/4 left rolling hips anti clockwise  
7 8                      paddle turn 1/4 left rolling hips anti clockwise [3:00]

## B

### Ronde Chasse, Back Shuffle, L Side Rock Cross

1 2 3 right step forward, left across, right recover, left ronde back  
4 & 5 left back shuffle  
6 & 7 right back shuffle  
8 & 1 left side rock cross [3:00]

**R Side Rock Cross, L Shuffle, Rock Recover 1/2 Turn Right**

2 & 3 right side rock cross  
4 & 5 left shuffle forward  
6 7 8 right rock right recover 1/2 turn right [9:00]

**Ronde Chasse, Back Shuffle, Back Rock**

1 2 3 left step forward, right across, left recover, right ronde back  
4 & 5 right back shuffle  
6 & 7 left back shuffle  
8 & right back rock [9:00]

**Step, Rock Recover, Step, Rock Recover, Jazz Box**

1 2 & step right forward, rock left to left side, recover onto right  
3 4 & step left forward, rock right to right side, recover onto left  
5 - 8 right across left, left back, right side, left across right [9:00]

**Tag: 16 counts [9:00]**

**Big Step Right, Long Drag, Big Step Left, Long Drag**

1 - 4 right big step, left drag beside right  
5 - 8 left big step, right drag beside left

**Step, Step, Right Sailor, Step, Step, Left Sailor**

1 - 4 right step in place, left step in place, cross right behind left, Step left to left side, Step right to right side  
5 - 8 left step in place, right step in place, cross left behind right, step right to right side, step left to left side

**RESTART**

**Ending: 9:00 - 12:00, stand on left, right across left spiral 3/4 left slow turn to front wall**

**HAPPY DANCING !!**

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