

20 Miles

拍數: 64 牆數: 2 級數: Intermediate novelty
編舞者: Alvaro Arienti (IT) - July 2017
音樂: 20 Miles to Juarez (feat. Elizabeth Cook) - Bob Wayne



Start in 5th position

S1 – CHARLESTONE STEP, TURNIN' KICKS

&1 split out heels and touch R side, split in heels and touch R fwd (5th pos.)
&2 split out heels and touch R side, split in heels and step R back (5th pos.)
&3 split out heels and touch L side, split in heels and touch L back (5th pos.)
&4 split out heels and touch L side, split in heels and step L fwd (5th pos.)
5&6& kick R FWD, turn ¼ L & step R beside L, turn ¼ L & kick L FWD, turn ¼ L & step L beside R
7&8 turn ¼ L & kick R back, step R beside L, step L FWD

S2 – CHARLESTONE STEP, SHUFFLE SIDE, JAZZ BOX

&1 split out heels and touch R side, split in heels and touch R fwd (5th pos.)
&2 split out heels and touch R side, split in heels and step R back (5th pos.)
&3 split out heels and touch L side, split in heels and touch L back (5th pos.)
&4 split out heels and touch L side, split in heels and step L fwd (5th pos.)
5&6 step R to side, step L beside R, step R to side
7&8& (jumpin or bouncing) cross L over R, step R to side, step L slightly back, cross R over L

S3 – TANDEM KICKS, MAMBO TURN, SHUFFLE, MAMBO TURN

1&2& (jumping or bouncing) kick L fwd diagonal and scoot R, step L fwd and flick R back, kick R
 fwd and scoot L, step R fwd and flick L back
3&4 step L fwd diagonal, recover on R, turn 3/8 L and step L fwd (6:00)
5&6 step R fwd, step L beside R, step R fwd
7&8 step L fwd, recover on R, turn ½ L and step L fwd

S4 – JAZZ BOX (with shimmy shoulder), OUT-OUT-IN-IN

1-4 cross R over L, step L slightly back, step R side, step L fwd
5-8 step out R fwd, step out L apart, step in R back, step in L beside R

S5 – CHARLESTON KICKS, TURNIN' KICKS, COASTER STEP

1&2& kick R fwd, hitch R, kick R back, step R back
3&4 kick L back, hitch L, step L fwd
5&6& turn ¼ L and kick R side, turn ¼ L and hitch R, kick R back, step R back
7&8 step L back, step R beside L, step L fwd

S6 – SHUFFLE, SHUFFLE, TOUCH, HITCH, STEP, COASTER STEP

1&2 step R fwd to R diagonal R (knee high), step L beside R, step R fwd to R diagonal R
3&4 step L fwd to L diagonal L (knee high), step R beside L, step L fwd to L diagonal L
5&6 touch R ball beside L, (scooting) hitch R, step R beside L
7&8 step L back, step R beside L, step L fwd

S7 – WALK x4 (without follow through), MAMBO, SHUFFLE

1-4 step R fwd (heel in), step L fwd (heel in), step R fwd (heel in), step L fwd (heel in)
5&6 step R fwd, recover on L, step R back
7&8 turn ½ L and step L fwd, step R beside R, step L fwd

S8 – STEP, HITCH, STEP, HITCH, RUN BACK WITH TURN, TOUCH

1-4 step R diag fwd, hitch L, step L diag fwd, hitch R

5&6& step R back, step L back, step R back, step L back
7&8 turn ¼ L and step R back, turn ¼ L and step L fwd, touch R ball beside L

Repeat

Wall 3: sequences from S1 to S4 then Restart

Wall 5: TAG

Wall 6: sequences from S5 to S8 then Restart

Wall 8: TAG (without turn at the end: 12:00)

TAGS are 5th and 8th wall:

TAG - STOMP, HOLD, STOMP, HOLD, sequence S#

1-8 stomp out R, hold, stomp out L, sequence S1 (5-8)
9-16 stomp out R, hold, stomp out L, sequence S5 (1-4)
17-24 stomp out R, hold, stomp out L, sequence S4 (1-4)
25-32 sequence S8 (on 8th wall without ending turn: 12:00)

Contact: alvaro.orienti@fastwebnet.it
