

5 Miles

拍數: 32 牆數: 4 級數: Novice
編舞者: Valentine Duret (FR) - November 2019
音樂: 5 Miles - James Blunt



Start: 16 counts

Section 1 - Step Fd on Diag. - Lock - Step Fd on Diag. - Touch – Modified Rolling Vine with 1 1/4 turn

1 - 2 Step Fd R on R diagonal - Lock L behind R
3 - 4 Step Fd R on R diagonal - Touch L next to R
5 - 6 Step Fd L with 1/4 turn L - Step Back on R with 1/2 turn L
7 & 8 L Shuffle with 1/2 turn L

Section 2 - Sweep Cross over - Step Back - Side shuffle with 1/4 turn R – Sway L & R - Cross shuffle

1 - 2 Cross R over L with sweep R back to front - Step Back on L
3 & 4 Step R to R - Step L together - Step Fd R with 1/4 turn R
5 - 6 Sway L - Sway R
7 & 8 Cross L over R - Step R to R - Step L over R * restart here on wall 2

Section 3 - Monterey 1/4 turn R - R Mambo Fd - L Mambo Bck

1 - 2 Point R to R - Step R next to L with 1/4 turn R
3 - 4 Point L to L - Step L together
5 & 6 Rock R Fd - Recover on L - Step R together
7 & 8 Rock L Back - Recover on R - Step L together

Section 4 - Walk (X2) with 1/4 turn - Shuffle with 1/4 turn R - Kick - Out Out - Swivel R Toe/R Heel - Touch

1 - 2 Walk R / L with 1/4 turn R
3 & 4 Step R Fd with 1/4 turn R - Step L together - Step R Fd
5 & 6 Kick L Fd - Step R Out - Step L Out
7 & 8 Swivel R toe in - R Heel in - Touch R next to L

Tag: End of wall 8 (facing 3.00)

Jazz box with 1/4 turn R

1 - 4 Cross R over L - Step Bck on L with 1/4 turn R - Step R to R - Step L together

Last Update – 16 Jan. 2020