

5 Miles

拍數: 32 牆數: 4 級數: Intermediate
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(INA) - November 2019
音樂: 5 Miles - James Blunt : (Official Video Lyrics)



Tag : 4 counts after wall 9

Restart : On wall 2 - 4- 6 after 16 counts

Start Dance after music intro 16 counts

S1# WALK FORWARD - KICK BALL FORWARD - LOCK SHUFFLE - MAMBO 1/4 to L

1-2 Step R - L forward
3&4 Step R kick forward , R tap in place, L forward
5&6 Step R forward , L lock behind R , R forward
7&8 Step L forward , R in place , L side 1/4 turn to L (9.00)

S2# CROSS - HOLD - SIDE - CROSS SHUFFLE - SIDE ROCK - CROSS - SIDE - 1/2 TURN

1-2-& Step R cross over L , HOLD , L to side
3&4 Step R cross over L , L to side , R cross over L
5-6 Step L to side , R recover
7&8 Step L cross over R , R to side , L 1/2 turn to L (3.00) weight on L

(Restart here on wall 2- 4 - 6)

S3# FORWARD ROCK - BACK LOCK (R-L) - BACK ROCK

1-2 Step R forward , L recover
3&4 Step R cross behind L , L back cross over R , R back
5&6 Step L cross behind R , R back cross over L , L back
7-8 Step R back , L recover

S4# DOROTHY (R-L) - CROSS - BACK - BACK DRAG - COASTER STEP

1-2-& Step R forward diagonal , L lock behind R , R forward diagonal
3-4-& Step L forward diagonal , R lock behind L , L forward diagonal
5&6 Step R cross over L , L back , R back slightly
7&8 Step L back , R close beside L , L forward

TAG 4 COUNTS

V STEP

1-2-3-4. Step R forward diagonal to R , L to side , R back to center , L close beside R

Enjoy The Dance

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