

Miles Of Blue

拍數: 48 牆數: 2 級數: Improver
編舞者: Tomas Ängshed (SWE) & Manuela Gustavsson (SWE) - May 2020
音樂: Miles Of Blue (feat. Robin Stjernberg) (Radio Edit) - Jill Johnson : (amazon)



A big Thanks to Annika who recommended this beautiful song!

Intro 16 counts (starts on: But I see horizon)
Restart on wall 2 after 40 counts

Section 1 (1-8): Step ½ L, shuffle fwd, rock fwd, behind, side, cross

1 2 Step RF fwd, turn ½ L weight on LF (6:00)
3 & 4 Step RF fwd, step LF behind RF, step RF fwd
5 6 Rock LF fwd, recover onto RF
7 & 8 Step LF behind RF, step RF to R side, cross LF over RF

Section 2 (9-16): Side rock, sailor ¼ R, rock fwd, coaster step

1 2 Rock RF to R side, recover onto LF
3 & 4 Make a ¼ turn R and cross RF behind LF, step LF to L side, step RF fwd (9:00)
5 6 Rock LF fwd, recover onto RF
7 & 8 Step LF back, step RF next to LF, step LF fwd (Turning option: full triple turn L (9:00))

Section 3 (17-24): Side together, shuffle fwd, side together, shuffle ¼ L

1 2 Step RF to R side, step LF next to RF
3 & 4 Step RF fwd, step LF behind RF, step RF fwd
5 6 Step LF to L side, step RF next to LF
7 & 8 Turn ¼ L step LF to L side (6:00), step RF next to LF, step LF to L side

Section 4 (25-32): Rocking chair, V step

1 2 Rock RF fwd, recover onto LF
3 4 Rock RF back, recover onto LF
5 6 Step RF out to R diagonal, step LF out to L diagonal
7 8 Step RF back to center, step LF back to center

(Optional arm styling on wall 2,4,5: cross both arms over chest on 3,4, reach out both arms palms up on 5,6)

Section 5 (33-40): Cross, back, chasse R, rock fwd, coaster

1 2 Cross RF over LF, step LF back
3 & 4 Step RF to R side, step LF next to RF, step RF to R side
5 6 Rock LF fwd, recover onto RF
7 & 8 Step LF back, step RF next to LF, step LF fwd

Restart here!

Section 6 (41-48): Stomp R, hold, sailor, stomp R, hold, behind, side, step

1 2 Stomp RF to R side, hold
3 & 4 Step LF behind RF, step RF to R side, step LF to L side
5 6 Stomp RF to R side, hold
7 & 8 Step LF behind RF, step Rf to R side, step LF fwd