

# Five Hundred (500)

拍數: 32                      牆數: 4                      級數: High Beginner  
編舞者: Ole Jacobson (DE) & Nina K. (DE) - May 2020  
音樂: I'm Gonna Be (500 Miles) - The Proclaimers



Start after 16 counts (on the singing)

**(1-8) Cross rock, chasse R, cross rock, shuffle turn 1/2 left**

1-2                      Cross RF over LF - Weight recover LF  
3&4                      RF step to the right - Step LF next to RF - Step RF to right  
5-6                      Cross LF over RF - Weight recover RF  
7&8                      1/4 turn left, LF step to the left - Step RF next to LF - 1/4 turn left, LF step forward

**(9-16) Rock, recover, shuffle 1/2 turn R, 1/4 turn R, 1/4 turn R, coaster step**

1-2                      RF step forward - Weight recover LF  
3&4                      1/4 turn right, RF step to the right - Step LF next to RF - 1/4 turn right, RF step forward  
5-6                      1/4 turn right, LF step to the left - 1/4 turn right, RF step back  
7&8                      LF step back - RF next to LF - LF step forward

**(17-24) Cross, recover, together, cross, recover, together, heel switches (L + R), walk, walk**

1-2                      Cross RF over LF - Weight back to LF  
&                          RF next to LF  
3-4                      Cross LF over RF - Weight back to RF  
&                          LF next to RF  
5&6                      Tap R heel forward - place RF next to LF - tap L heel forward  
&                          LF next to RF  
7-8                      RF step forward - LF step forward

**(25-32) Shuffle forward, 1/4 turn R, schuffle a cross, side, recover**

1&2                      RF step forward - Step LF next to RF - RF step forward  
3-4                      LF step forward - 1/4 R turn (Weight recover RF)  
5&6                      Cross LF over RF - Step RF next to the LF - Cross LF over RF  
7-8                      RF step to right - Weight back to LF

... and from the beginning

**TAG: 7th & 10th wall (3:00)**

**\*7th.Wall at the end (8 counts)**

**Jazz box, side, recover, diagonal walk (R + L)**

1-4                      Cross RF over LF - Step LF back - Step RF right - Cross LF over RF  
5-8                      RF step right - weight back to LF - 1/8 L turn, RF step forward - LF step forward

**\*10th.Wall after the first 8 counts, (6 counts then restart)**

**Jazz box, side, recover and restart**

1-4                      Cross RF over LF - Step LF back - Step RF right - Cross LF over RF  
5-6                      RF step right - weight back to LF