

Five Hundred Miles

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dirk Leibing (DE) - January 2024
音樂: Ein Zug fährt durch die Nacht (500 Miles) - Art Garfunkel jr. & Art Garfunkel



Intro : 32 counts ~16 sec. No Tag, No Restart

(I) Rock Step, Coaster Step, Rock Step, ¼ Turn Chassee

1-2 Rock RF forward(1), Recover on LF(2)
3&4 Step RF back(3), Close LF next to RF(&), Step RF forward(4)
5-6 Rock LF forward(5), Recover on RF(6)
7&8 Turn ¼ left stepping LF left(7)(9:00), Close RF next to LF(&), Step LF left(8)

(II) Heel Grind, Sailor Step, Cross, Side, Behind Side Cross

1-2 Grind R heel over L(1), Step LF left(2)
3&4 Step RF behind LF(3), Step LF next to RF(&), Step RF right(4)
5-6 Cross LF in front of RF(5), Step RF right(6)
7&8 Step LF behind RF(7), Step RF right(&), Cross LF in front of RF(8)

(III) Side Rock, Sailor Step, Heel Grind, Shuffle back

1-2 Rock Rf right(1), Recover on LF(2)
3&4 Step RF behind LF (3), Close LF next to RF(&), Step RF right(4)(10:30)
5-6 Grind L heel over R turning 1/8 left(5)(9:00), Step RF back(6)
7&8 Step LF back(7), Close RF next to LF(&), Step LF back(8)

(IV) Behind, ½ Unwind , ¼ Turn Side Strut, Walk(RLRL) with ¼ Turn

1-2 Touch right toe back(1), Turn 1/2 right and Step down on RF(2)(3:00)
3-4 Turn ¼ right touching left toe left(3), Step down on LF(4)(6:00)
5-6 Walk RF with 1/8 Turn right(5)(7:30), Step LF forward(6)
7-8 Walk RF with 1/8 Turn right(7)(9:00), Step LF forward(8)

Start again

Have Fun
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