

One Mile at a Time (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: David Wressell (UK) & Pat Wressell (UK) - January 2025
音樂: One Mile at a Time - Chris Johno Johnson



(sweetheart position) starting (R,L,D)

Both partners steps the same, with weight on Right.

Step forward Left, Rock back Right, 1/2 shuffle, jazz box with cross.

- 1-2. Rock forward onto Left, Rock back onto Right.
- 3&4. 1/2 turn shuffle to the Left, Left, Right, Left.
- 5-8. Cross Right over Left, Step back Left, step Right to the side, step Left over Right.

Shuffle to the side, Rock back x 2

- 1&2. Shuffle to the Right, Right, Left, Right.
- 3-4. Rock back on to Left, Rock back onto Right.
- 5&6. Shuffle to the Left, Left, Right, Left.
- 7-8. Rock back on to Right, Rock back onto Left.

Walk, Kickball change, x 2

- 1-2. Walk forward Right, Left.
- 3&4. Low kick Right forward, step Right in place, step Left in place.
- 5-6. Walk forward Right, Left.
- 7&8. Low kick Right forward, step Right in place, step Left in place.

Shuffle forward x 2, Rock forward and back, 1/2 turn shuffle Right

- 1-2. Right shuffle forward, Right, Left, Right.
- 3-4. Left shuffle forward, Left, Right, Left.
- 5-6. Rock forward onto Right, Rock back onto Left.
- 7&8. 1/2 Turn shuffle to the Right, Right, Left, Right.

Repeat and Enjoy.
