

Miles on Me

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jean-Marc RAFFANEL (FR) - February 2025
音樂: Miles On Me - Chancey Williams



dance starts after 16 counts

section 1 : TRIPLE FWD, STEP ½ TURN R, TRIPLE FWD, STEP ¼ TURN L

1&2 step Rf fwd, step Lf next to Rf, step Rf fwd
3-4 step Lf fwd, ½ turn R 6:00
5&6 step Lf fwd, step Rf next to Lf, step Lf fwd
7-8 step Rf fwd, ¼ turn L 3:00

section 2 : STOMP FWD, TOUCH, HEEL R L, ROCK FWD, BACK POINT ½ TURN L

1-2 & stomp Rf fwd , touch Lf behind Rf, step Lf next to Rf
3&4& heel Rf fwd, step Rf next to Lf, heel LF fwd, step Lf next to Rf
5-6 step Rf fwd , recover onto Lf
&7-8 step Rf next to Lf, point Lf back , ½ turn L 9:00

section 3 : SIDE ROCK, TRIPLE CROSS, ¼ TURN R BACK L R, COASTER STEP

1-2 step Rf on side , recover onto Lf
3&4 cross Rf over Lf, step Lf on side , cross Rf over Lf
5-6 ¼ turn R step Lf back, step Rf back 12:00
7&8 step Lf back, step Rf next to Lf, step Lf fwd

section 4 : FULL TURN, TRIPLE FWD, ROCK FWD L R

1-2 ½ turn L step Rf back, ½ turn L step Lf fwd
3&4 step Rf fwd, step Lf next to Rf, step Rf fwd
5-6 & step Lf fwd, recover onto Rf, step Lf next to Rf
7-8 Step Rf fwd, recover onto Lf

RESTARTS HERE WALL 2 (facing 6:00) WALL 4 (facing 12:00) WALL 6 (facing 6:00)

section 5 : BACK R L, OUT OUT, IN IN, SAILORS R L

1-2 step Rf back, step Lf back
&3 spread yout feet step Rf on side, step Lf on side
&4 step Rf center, step Lf next to Rf
5&6 cross Rf behind Lf ; step Lf next to Rf, step Rf on side
7&8 cross Lf behind Rf , step Rf next to Lf, step Lf on side

section 6 : ¼ TURN L SIDE, HOLD, BALL, SIDE, TOUCH, ¼ TURN R, SIDE, HOLD, BALL, SIDE, TOUCH

1-2 ¼ turn L step Rf on side, hold 9:00
&3-4 step Lf next to Rf, step Rf on side, touch Lf next to Rf
5-6 ¼ turn L step Lf on side, hold 6:00
&7-8 step Rf next to Lf, step Lf on side, touch Rf next to Lf

start again with smile

raffy17@outlook.fr

Last Update: 1 Mar 2025