

Miles & Years

拍數: 64 牆數: 2 級數: Improver
編舞者: Noel Bradey (AUS)
音樂: Miles & Years - Lionel Cartwright



SIDE, HOLD, SYNCOPATED VINE, REPEAT

1-2-3&4 Step right to right side, hold, cross/step left behind right, step right to right, cross/step left over right
5-6-7&8 Step right to right side, hold, cross/step left behind right, step right to right, cross/step left over right

ROCK SIDE, REPLACE WITH ¼ TURN LEFT, SHUFFLE TURN, SHUFFLE TURN, HEEL SWITCHES

1-2 Rock/step right to right side, replace weight to left turning ¼ turn left
3&4-5&6 Turning ½ turn left shuffle right-left-right, turning ½ turn left shuffle left-right-left
7&8 Right heel forward at 45 degrees right, step right to center, left heel forward at 45 degrees left

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

&1-2-3&4 Step on left beside right, rock/step right to right, replace weight to left, cross/step right over left, step left to left, cross/step right over left
5-6-7&8 Rock/step left to left, replace weight to right, cross/step left over right, step right to right, cross/step left over right

½ TURN HEEL STRUT, SHUFFLE TURN ½, ½ TURN HEEL STRUT, ¾ SHUFFLE TURN

1-2 Turning ½ turn right step forward right heel, slap right toe down
3&4 Triple step left-right-left turning ½ turn right & traveling to right
5-6 Turning ½ turn right step forward right heel, slap right toe down
7&8 Triple step left-right-left turning ¾ turn right & traveling to right

ROCK SIDE, REPLACE, ¼ TURN COASTER CROSS, SIDE, TOGETHER, ¼ TURN SHUFFLE FORWARD

1-2 Rock/step right to right, replace weight to left
3&4 Turn ¼ turn right stepping back on right, step left beside right, cross/step right over left
5-6 Step left to left, step right beside left
7&8 Turn ¼ turn left shuffling forward left-right-left

½ PIVOT TURN, SHUFFLE FORWARD, ¼ PIVOT TURN, COASTER STEP

1-2-3&4 Step forward right, ½ turn pivot turn left, shuffle forward right-left-right
5-6-7&8 Step forward left, ¼ turn pivot turn right, step back left, step right beside left, step forward left

ROCK RIGHT FORWARD, REPLACE, BACK, REPLACE, SIDE, REPLACE, CROSS SHUFFLE

1-2-3-4 Rock/step right forward, replace weight to left, rock back right, replace weight to left
5-6-7&8 Rock/step right to right, replace weight to left, cross/step right over left, step left to left, step right over left

ROCK LEFT FORWARD, REPLACE, BACK, REPLACE, POINT SIDE, TOGETHER, ¼ TURN SIDE, TOGETHER

1-2-3-4 Rock/step left forward, replace weight to right, rock/step back on left, replace weight to right
5-6&7-8 Touch left toe to left, touch left beside right, step on left turning ¼ turn left, touch right toe to right, touch right beside left

REPEAT

TAG:

After 2nd wall only:

- 1-2-3&4 Rock/step forward right, replace weight to left, step right back, step left beside right, step forward right
- 5-6-7&8 Rock/step forward left, replace weight to right, step left back, step right beside left, step forward left
- 1-2-3-4 Touch right to right, drag right to beside left turning $\frac{1}{2}$ turn right touch left to left, step left beside right
- 5-6-7-8 Touch right to right, drag right to beside left turning $\frac{1}{2}$ turn right touch left to left, step left beside right

FINISH:

The music fades nearing the end of the dance. Just keep dancing through it and you will finish facing the front wall.
