

Miles In These Shoes

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Regina Cheung (CAN) - September 2008
音樂: Mile In These Shoes - Jennifer Lopez



Count In: 16 counts from start of music

Sequence : AB, Tag, ABB, AB (easy to follow the music)

A

Side Touch, Front Touch, Kick Ball Touch X 2

1-4 right touch out, touch front, kick ball left touch
5-8 left touch out, touch front, kick ball right touch [12:00]

Weave - Side, Behind, Side, Cross, Side Rock Cross, Side Cross

1-4 right side, left behind, right side, left across
5 & 6 right side rock cross
7 8 left side, right across [12:00]

Side Rock Cross, Sway Sway, Back Sailor, Anchor Steps

1 & 2 left side rock cross
3 4 sway sway
5 & 6 right back recover side
7 & 8 left step behind right, step right in place, step left in place [12:00]

Back Rock, Forward Rock, Back Touch, Forward Touch

1 - 4 right rock backward, rock forward
5 - 8 right back, left touch, left forward, right touch [12:00]

Turn 3/4 Left, Cross Side Cross, Side Rock, Kick Ball Cross

1 - 4 right back 1/2 left, left 1/4 side, cross side cross
5 - 8 left side rock, kick ball cross [3:00]

Side Cross, Twist 1/4 Turn, Twist 1/4 Turn, Sailor 1/4 Turn, Forward 1/2 Turn Right

1 2 left side, right across
3 4 On balls of both feet twist a ¼ turn L, on balls of both feet twist a ¼ turn R (weight ends on L)
5 & 6 sailor 1/4 turn right [6:00]
7 8 left forward 1/2 turn right [12:00]

L Wizard, R Wizard, L Mambo, R Mambo

1 2 & step left forward on a left diagonal, lock right behind left, step forward left
3 4 & step right forward on a right diagonal, lock left behind right, step forward right
5 6 & left mambo
7 8 & right mambo [12:00]

Toe 1/4 Turn, Hip Roll, 2 X 1/4 Paddles Rolling Hips Turn Left

1 2 step left toe back, Turn ¼ left on ball of right (weight ends on left)
3 4 roll hips
5 6 paddle turn 1/4 left rolling hips anti clockwise
7 8 paddle turn 1/4 left rolling hips anti clockwise [3:00]

B

Ronde Chasse, Back Shuffle, L Side Rock Cross

1 2 3 right step forward, left across, right recover, left ronde back
4 & 5 left back shuffle
6 & 7 right back shuffle
8 & 1 left side rock cross [3:00]

R Side Rock Cross, L Shuffle, Rock Recover 1/2 Turn Right

2 & 3 right side rock cross
4 & 5 left shuffle forward
6 7 8 right rock right recover 1/2 turn right [9:00]

Ronde Chasse, Back Shuffle, Back Rock

1 2 3 left step forward, right across, left recover, right ronde back
4 & 5 right back shuffle
6 & 7 left back shuffle
8 & right back rock [9:00]

Step, Rock Recover, Step, Rock Recover, Jazz Box

1 2 & step right forward, rock left to left side, recover onto right
3 4 & step left forward, rock right to right side, recover onto left
5 - 8 right across left, left back, right side, left across right [9:00]

Tag: 16 counts [9:00]

Big Step Right, Long Drag, Big Step Left, Long Drag

1 - 4 right big step, left drag beside right
5 - 8 left big step, right drag beside left

Step, Step, Right Sailor, Step, Step, Left Sailor

1 - 4 right step in place, left step in place, cross right behind left, Step left to left side, Step right to right side
5 - 8 left step in place, right step in place, cross left behind right, step right to right side, step left to left side

RESTART

Ending: 9:00 - 12:00, stand on left, right across left spiral 3/4 left slow turn to front wall

HAPPY DANCING !!
