Count: 32
Wall: 4
Level: Intermediate
Choreographer: Deb Crew (CAN), Valerie Patricia Keller (CAN), Raymond Joseph Turcotte (CAN) \& Lynn Warden (CAN)
Music: 1000 Miles From Nowhere - Dwight Yoakam

Dedicated to The Four Tops, The Four Seasons, The Fab Four and The Four Major Food Groups
FORWARD SHUFFLE, ROCK-STEP, ½ TURNING SHUFFLE, STEP FORWARD, ½ TURN
After first time through the dance, each time thereafter, start the dance by $1 / 4$ turning to the right as you shuffle forward, thus making this a four-wall dance
1\&2 Shuffle forward: right, left, right
3-4 Rock forward on left foot, step back in place on right foot
$5 \& 6 \quad 1 / 2$ turning shuffle, turning left: left, right, left
7-8 Step forward on right foot, step $1 / 2$ turn left onto left foot

## TRAVELING KICK-BALL-CHANGES, TRAVELING PENDULUMS, HOLD

1\&2 Kick right foot forward, step ball of right foot in place, step forward on left foot
Kick right foot forward, step ball of right foot in place, step forward on left foot
\&7 Quickly step back on ball of left foot, point right toes to right side
8 Hold for one beat

## SAILOR SHUFFLES, ROCK-STEP, KICK-STEP-CROSS

1\&2
3\&4
5-6
Cross and step right foot behind left foot, step side left on left foot, step right foot in place
$7 \& 8$
Rock back onto right foot, step forward in place on left foot
Kick the right foot forward, step ball of right foot home, cross and step left foot over right foot

## MAMBO STEPS IN PLACE

1\&2 Rock side right onto right foot, rock side left onto left foot, step right beside left

3\&4
5\&6
7\&8
Rock side left onto left foot, rock side right onto right foot, step left beside right Rock forward onto right foot, step left foot in place, step right foot beside left foot Rock back onto left foot, step right foot in place, step left foot beside right foot

REPEAT

