500 Miles



编舞者: Mark Wuyts (BEL) - March 2022

音乐: I'm Gonna Be (500 Miles) - The Proclaimers: (Modified)



Intro: 16 counts, start on vocals.

Side, touch, R & L; walk 3 to the R, touch;

1-4 Side R, touch L together, Side L, touch R together;

5-8 Turn ¼R walk 3, turn ¼L touch;

Side, touch, L & R; walk 3 to the L, touch;

1-4 Side L, touch R together, Side R, touch L together;

5-8 Turn ½L walk 3, turn ½R touch;

Coasterstep 4; turn 1/4L - walk back 4;

1-4 Back R, close L, forward R, close L;

5-8 Turn ½L – walk backward 4;

Kick, step, 2x; twist 4;

1-4 Kick R, close R to L, kick L, close L to R;

5-8 Twist 4 (heels go R-L-R-L);

Modified music: https://youtu.be/OyKBd_Al-ml

Or You can email me for the modified music: melodia@telenet.be

Happy Dancing !!