

# One Mile at a Time (P)

拍数: 32      墙数: 0      级数: Partner  
编舞者: David Wressell (UK) & Pat Wressell (UK) - January 2025  
音乐: One Mile at a Time - Chris Johnno Johnson



(sweetheart position) starting (R,L,D)

Both partners steps the same, with weight on Right.

**Step forward Left, Rock back Right, 1/2 shuffle, jazz box with cross.**

- 1-2.              Rock forward onto Left, Rock back onto Right.
- 3&4.             1/2 turn shuffle to the Left, Left, Right, Left.
- 5-8.             Cross Right over Left, Step back Left, step Right to the side, step Left over Right.

**Shuffle to the side, Rock back x 2**

- 1&2.             Shuffle to the Right, Right, Left, Right.
- 3-4.             Rock back on to Left, Rock back onto Right.
- 5&6.             Shuffle to the Left, Left, Right, Left.
- 7-8.             Rock back on to Right, Rock back onto Left.

**Walk, Kickball change, x 2**

- 1-2.             Walk forward Right, Left.
- 3&4.             Low kick Right forward, step Right in place, step Left in place.
- 5-6.             Walk forward Right, Left.
- 7&8.             Low kick Right forward, step Right in place, step Left in place.

**Shuffle forward x 2, Rock forward and back, 1/2 turn shuffle Right**

- 1-2.             Right shuffle forward, Right, Left, Right.
- 3-4.             Left shuffle forward, Left, Right, Left.
- 5-6.             Rock forward onto Right, Rock back onto Left.
- 7&8.             1/2 Turn shuffle to the Right, Right, Left, Right.

**Repeat and Enjoy.**

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