

# Miles for Mind

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Katie Blakely (UK) - April 2025  
音乐: Miles On It - Marshmello & Kane Brown



Choreographed to fundraise for Mind – [www.justgiving.com/page/ladiesinthelakes](http://www.justgiving.com/page/ladiesinthelakes)

Begin on the lyrics “Miles on it...”, approximately 15 seconds into the track.

## Sec 1 Walk forward x 3, kick, walk back x 3, touch

1-2-3-4      Walk forward R, walk forward L, walk forward R, kick L forward  
5-6-7-8      Walk back L, walk back R, walk back L, touch R next to L

## Sec 2 Grapevine R, touch, grapevine L scuff

1-2-3-4      Step R to R side, step L behind R, step R to R side, touch L next to R  
5-6-7-8      Step L to L side, step R behind L, step L to L side, scuff R foot forward

## Sec 3 Jazzbox ¼ turn x 2

1-2-3-4      Cross R over L, step back on L, step R turning ¼ to the right, step L next to R  
5-6-7-8      Cross R over L, step back on L, step R turning ¼ to the right, step L next to R

## Sec 4 K-step

1-2      Step diagonally forward on R, touch L in place  
3-4      Step diagonally back on L, touch R in place  
5-6      Step diagonally back on R, touch L in place  
7-8      Step diagonally forward on L, touch R in place

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