

Miles For You

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Beginner / Improver
編舞者: Melissa Lau (NZ) - April 2025
音樂: I'm Gonna Be (500 Miles) - The Proclaimers



Intro: 16 counts

V-STEP, SIDE, TOUCH, SIDE, TOUCH

1, 2, 3, 4 Step R diag. fwd, step L diag. fwd, step R back to centre, step L next to R
5, 6, 7, 8 Step R to side, tap L beside R, step L to side, tap R beside L (12:00)

¼ RIGHT TURN HEEL GRIND, ROCK BACK (x 2)

1, 2 Place R heel fwd, fan R toe out turning ¼ right and shifting weight to L (3:00)
3, 4 Rock back on R, recover weight on L
5, 6, 7, 8 (repeat 1-4) (6:00)

WALK FWD R-L-R, KICK, BACK, TOUCH, FWD, KICK

1, 2, 3, 4 Walk fwd on R, walk fwd on L, walk fwd on R, kick L fwd
5, 6, 7, 8 Step L back, tap R beside L, step R fwd, kick L fwd

WALK BACK L-R-L, TOUCH, FWD, KICK, BACK, TOUCH

1, 2, 3, 4 Walk back on L, walk back on R, walk back on L, tap R beside L
5, 6, 7, 8 Step R fwd, kick L fwd, step L back, tap R beside L (* RESTART)

VINE RIGHT, SCUFF, VINE ¼ LEFT, SCUFF

1, 2, 3, 4 Step R to side, step L behind R, step R to side, scuff L
5, 6, 7, 8 Step L to side, step R behind L, turn ¼ left stepping L fwd, scuff R (3:00)

VINE RIGHT, SCUFF, VINE ¼ LEFT, SCUFF

1, 2, 3, 4 Step R to side, step L behind R, step R to side, scuff L
5, 6, 7, 8 Step L to side, step R behind L, turn ¼ left stepping L fwd, scuff R (12:00)

FWD, LOCK, FWD, SCUFF (x 2)

1, 2, 3, 4 Step R fwd, lock L behind R, step R fwd, scuff L fwd
5, 6, 7, 8 Step L fwd, lock R behind L, step L fwd, scuff R fwd

JAZZ BOX ¼ RIGHT (x 2)

1, 2, 3, 4 Cross R over L, turn ¼ right stepping L back, turn ¼ right stepping R to side, step L slightly fwd (3:00)
5, 6, 7, 8 (repeat 1-4) (6:00)

* RESTART: after 32 counts on wall 4, add 8-count TAG (facing 12:00)

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

* TAG: 14-count Tag at the end of wall 5 (facing 6:00)

V-STEP, Step R to SIDE, HOLD, VINE RIGHT, TOUCH, VINE LEFT, TOUCH

* ENDING: JAZZ BOX ½ RIGHT TURN to face the front

Choreographed for Relay For Life, Taranaki, NZ.

Song suggestion by an awesome lady, Denise Loveridge – thank you!