

Miles for Mind

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Katie Blakely (UK) - April 2025
音樂: Miles On It - Marshmello & Kane Brown



Choreographed to fundraise for Mind – 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
