



Stepsheet

500 Miles

Beschreibung:	16 counts Intro, 68 counts, 4 wall, 2 restart, improver line dance
Musik:	500 Miles – the hooters – the best of
Hinweis:	der Tanz beginnt nach 16 Taktschlägen
Choreographie:	Karin-Maria Kränzlin

Intro S1: RUMBA BOX, POINT, LOCK STEP BACK, ½ SAILOR TURN WITH CROSS

1 & 2 Step side R – Step L next to R – Step forward R
3 & 4 & Step side L – Step R next to L – Step back L – Point R to side
5 & 6 Step back R – Lock L in front of R – Step back R
7 & 8 ½ Turn left & step back L – Step R next to L – Cross L in front of R

Intro S2: RUMBA BOX, POINT, LOCK STEP BACK, ½ SAILOR TURN WITH CROSS

1 & 2 Step side R – Step L next to R – Step forward R
3 & 4 & Step side L – Step R next to L – Step back L – Point R to side
5 & 6 Step back R – Lock L in front of R – Step back R
7 & 8 ½ Turn left & step back L – Step R next to L – Cross L in front of R

S1: RUMBA BOX, POINT, LOCK STEP BACK, COASTER STEP

1 & 2 Step side R – Step L next to R – Step forward R
3 & 4 & Step side L – Step R next to L – Step back L – Point R to side
5 & 6 Step back R – Lock L in front of R – Step back R
7 & 8 Step back L – Step R next to L – Step forward L

Restart: 4 Wall**S2: TOE HEEL STOMP, ROCKING CHAIR, ½ STEP TURN, STOMP, STOMP**

1 & 2 Toe R diagonal back to right – Heel R forward – Stomp R forward
3 & 4 Toe L diagonal back to left – Heel L forward – Stomp L forward
5 & 6 & Rock forward R – Recover L – Rock back R – Recover L
7 & 8 & Step forward R – ½ Turn left weight on L – Stomp R next to L – Stomp L next to R

S3: SWIVET, ¼ SWIVET TURN, COASTER STEP, SCUFF, LOCK STEP, SCUFF, ½ STEP TURN, STEP

1 & 2 Swivel R toe to right & L heel to left – Swivel R toe & L heel back to center - Swivel R toe to right, L heel to left & turn ¼ to right
3 & 4 & Step back R – Step L next to R – Step forward R – Scuff L next to R
5 & 6 & Step forward L – Lock R behind L – Step forward L – Scuff R next to L
7 & 8 Step forward R – ½ Turn left weight on L – Step forward R

Restart: 7 Wall**S4: RUN, RUN, RUN, ROCK STEP, RECOVER, ½ TURN ROCK STEP, RECOVER, BACK ROCK, RECOVER, TOGETHER, POINT, TOGETHER, POINT, TOUCH**

1 & 2 Step forward L – Step forward R – Step forward L
3 & 4 & Rock forward R – Recover L – ½ Turn right, then rock forward R – Recover L
5 & 6 Jumping back rock R – Recover L – Step R next to L
7 & 8 Point L to side left – Step L next to R – Point R to side right – Touch R next to L

S5: SIDE, TOGETHER, STEP FORWARD, ½ SAILOR TURN WITH CROSS

1 & 2 Step side R – Step L next to R – Step forward R
3 & 4 ½ Turn left & step back L – Step R next to L – Cross L in front of R