



500 Miles Ab

Count: 32 **Wall:** 4 **Level:** - Basic Beginner
Choreographer: Annemaree Sleeth – January 2020
Music: " I'm Gonna Be (500 Miles) " by The Proclaimers Length 3.35
Starts approx. 16 Counts on Lyrics " Wake"

Intro: 16 Counts. Dance Rotates CCW

S1 1 - 8 FORWARD, HITCH, FORWARD HITCH, FORWARD 3, TOUCH

1-2 Step R Forward, Hitch L (Knees at Right Angles)
3-4 Step L Forward, Hitch R
5-6 Step R Forward, Step L Forward
7-8 Step R Forward, Touch L Together

S2 9 - 16 BACK, TOUCH, BACK, TOUCH, L ¼ VINE, TOUCH

1-2 Step L Diag Back , Touch R Together
3-4 Step R Diag Back, Touch L Together
5-6 Step L Side, Cross R Behind L
7-8 Turn ¼ L Step L Side, Touch R Together 9.00

S3 17 - 24 VINE TOUCH, VINE TOUCH Or Rolling Vines

1-2 Step R Side, Cross L Slightly Behind R
3-4 Step R Side, Touch L Together
5-6 Step L Side , Cross R Slightly Behind L
7-8 Step L Side, Touch R Together

S4 25 – 32 SIDE, TOUCH SIDE TOUCH HIPS BUMPS x 4

1-2 Step R Side, Touch L Together
3-4 Step L Side, Touch R Together
5-6 Step R Side bump Hip R, Bump Hip L
7-8 Bump Hip R, Bump Hip L (WgtL)

TAG 1 END OF WALL 7 TAG OF 8 COUNTS (V STEPS X 2) Starts @ 6.00 FACING 3.00

1-2 Step R Diag Out, Step L Diag Out
3-4 Step R Back, Step L Together (Twice)

**TAG 1 Plus END OF WALL 9 TAG OF 14 COUNTS Starts @ 12.00 FACING 9.00
Add (6 Counts)**

1-2 Step R Side, Touch L Together
3-4 Step L Side, Touch R Together
5-6 Hold, Hold or Clap (Twice)

ENDING WALL 13 Starts @ 12.00 FACING 9.00

DANCE 32 Counts then

Step R Forward ¼ L Step L Across R 12.00

BEGIN AGAIN

Watch The Video on annemaree sleeth Youtube

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