

Miles On It

Music: Miles on It By Kane Brown & Marshmellow

Count: 4 Wall, 32 Count (Counter-clockwise)

Choreographer: Trent Duncan (Aus) & Narelle Duncan (Aus) May 2024

Level: Improver +

**** 32 Count Into - Start on Lyrics "Girl let's go put some miles" around 14 seconds in.**

1-8 R Side Behind, Heel & Heel, L Side Behind, Heel & Heel

1-2& Step R to R side, Step L Behind R, Step R beside L

3&4& Tap L Heel fwd at 45deg, Step L beside R, Tap R Heel fwd at 45deg, Step R beside L

5-6& Step L to L side, Step R Behind L, Step L beside R

7&8& Tap R Heel fwd at 45deg, Step R beside L, Tap L Heel fwd at 45deg, Step L beside R

9-16 ¼ Pivot (Roll), Behind, Side, ¼ Fwd, Rock and Coaster

1-2 ¼ Paddle - Touch R fwd, Pivot/Paddle ¼ Turn L (*option to roll your hips around*) - 9:00

3&4 Step R behind L, Step L to L Side, Turn ¼ Turn L Step R Fwd - 6:00

5-6 Step L fwd, Rock Weight back onto R

7&8 (L Coaster) Step L back, Step R beside L, Step L Fwd

17-24 ¼ Heel Grind, Coaster, Swivel Walk

1-2 Turning ¼ Turn R - Place R heel fwd, Grind R Heel into ground whilst turning - 9:00

3&4 (R Coaster) Step R back, Step L beside R, Step R Fwd

5-8 *Swivel Walk Fwd* - Walking Fwd LRLR - as you do twist your heel in for each step fwd. Stepping L fwd with foot so toes are pointing to L, Straighten feet, Stepping R fwd with foot so toes are pointing to R, Straighten feet, Stepping L fwd with foot so toes are pointing to L, Straighten feet, Stepping R fwd with foot so toes are pointing to R

25-32 L Rock Fwd, ½ Turn Shuffle Fwd, R ½ Pivot, Kick Ball Change

1-2 Step L Fwd, Rock Weight Back onto R

3&4 (½ Turn L Shuffle Fwd) - Turn ½ Turn L, Step L fwd, Step R Beside L, Step L Fwd - 3:00

5-6 Step Fwd R, Pivot ½ Turn Over L, Weight onto L - 9:00

7&8 (R Kick Ball-Change) - Kick R fwd, Step R beside L, Step L beside R.

End of Dance