

Five Hundred (500)

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Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Ole Jacobson feat. Nina K. (May 2020)

Music: The Proclaimers - I'm Gonna Be (500 Miles)

Start after 16 counts (on the singing)

(1-8) Cross rock, chasse R, cross rock, shuffle turn 1/2 left

1-2 Cross RF over LF - Weight recover LF

3&4RF step to the left - Step LF next to RF - Step RF to right

5-6 Cross LF over RF - Weight recover RF

7&8 1/4 turn left, LF step to the right - Step RF next to LF - 1/4 turn left, LF step forward

(9-16) Rock, recover, shuffle 1/2 turn R, 1/4 turn R, 1/4 turn R, coaster step

1-2RF step forward - Weight recover LF

3&4 1/4 turn right, RF step to the left - Step LF next to RF - 1/4 turn right, RF step forward

5-6 1/4 turn right, LF step to the right - 1/4 turn right, RF step back

7&8LF step back - RF next to LF - LF step forward

(17-24) Cross, recover, together, cross, recover, together, heel switches (L + R), walk, walk

1-2 Cross RF over LF - Weight back to LF

&RF next to LF

3-4 Cross LF over RF - Weight back to RF

&LF next to RF

5&6 Tap L heel forward - place RF next to LF - tap R heel forward

&LF next to RF

7-8RF step forward - LF step forward

(25-32) Shuffle forward, 1/4 turn R, schuffle a cross, side, recover

1&2RF step forward - Step LF next to RF - RF step forward

3-4LF step forward - 1/4 L turn (Weight recover RF)

5&6 Cross LF over RF - Step RF next to the LF - Cross LF over RF

7-8RF step to left - Weight back to LF

... and from the beginning

TAG: 7th & 10th wall (3:00)

***7th.Wall at the end (8 counts)**

Jazz box, side, recover, diagonal walk (R + L)

1-4 Cross RF over LF - Step LF back - Step RF left - Cross LF over RF

5-8RF step left - weight back to LF - 1/8 R turn, RF step forward - LF step forward

***10th.Wall after the first 8 counts, (6 counts then restart)**

Jazz box, side, recover and restart

1-4 Cross RF over LF - Step LF back - Step RF left - Cross LF over RF

5-6RF step left - weight back to LF

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