

Milestones (이정표)

Count: 32

Wall: 4

Level: Intermediate - K-Trot

Choreographer: Christina Yang (KOR) - April 2022

Music: Milestones (이정표) - Jang Yoon Jeong (장윤정)

Start the dance after 28 counts (Start on vocal)

SECTION 1: FORWARD, 1/4 TURN TO R WITH FORWARD SHUFFLE, 1/4 TURN TO R WITH FORWARD, (CROSS ROCK, RECOVER, SIDE) X 2

1 Step RF forward
2&3 1/8 turn to R stepping LF forward, 1/8 turn to R with closed RF to LF, step LF forward
4 Step RF forward
5&6 Cross Rock LF over RF, recover on RF, step LF side
7&8 Cross rock RF over LF, recover on LF, step RF side

SECTION 2: CROSS ROCK, RECOVER AND 1/4 TURN TO L WITH SWEEP, COASTER STEP, 1/2 TURN TO L WITH PIVOT TURN X 2

1-2 Rock LF cross over RF, recover on RF and sweep LF from front to back while turning 1/4 to R
3&4 Step LF backward, closed RF to LF, step LF forward
5-8 Step RF forward, 1/2 turn to L changing weight on LF, step RF forward, 1/2 turn to L changing weight on LF

SECTION 3: FORWARD ROCK, RECOVER AND 1/2 TURN TO R, FULL TURN TO R, FORWARD X 2, FORWARD ROCK, RECOVER AND 1/4 TURN TO L, LONG STEP TO SIDE, CROSS OVER, SIDE

1-2 Rock RF forward, recover on LF and 1/2 turn to R
3&4& Step RF forward, 1/2 turn to R stepping LF backward, 1/2 turn to R stepping RF forward, step LF forward

(EASY OPTION: You will dance to 4 times of running steps instead of turn in the count 3&4&)

5-6& Step RF forward, rock LF forward, recover on LF and 1/4 turn to R
7-8& Step LF to L side powerfully, cross RF behind LF, step LF side

SECTION 4: CROSS BEHIND WITH SWEEP AND 1/2 TURN TO L, COASTER STEP, FORWARD, FORWARD ROCK, RECOVER AND 1/4 TURN TO L, SIDE, CROSS, SIDE, CROSS, SIDE

1 Cross RF behind LF with sweep LF from front to back and 1/2 turn to L
2&3 Step LF backward, close RF to LF, step LF forward
4-5& Step RF forward. Rock LF forward, recover on RF and 1/4 turn to L
6 Step LF side
7&8& Cross RF over LF, step LF to side slightly, cross RF over LF, step LF to side (weight on LF)

RESTARTS: On the 2nd, 4th, 6th wall, you will dance to 20 counts and start again.

CONTACT

E-mail: chrisjj0618@yahoo.com

<https://www.facebook.com/christina.yang.148553>

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