Five Hundred (500)

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

Choreographer: Ole Jacobson (DE) & Nina K. (DE) - May 2020

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

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&4	RF step to the right - 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 left - 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

1-2	RF step forward - Weight recover LF
3&4	1/4 turn right, RF step to the right - Step LF next to RF - 1/4 turn right, RF step forward
5-6	1/4 turn right, LF step to the left - 1/4 turn rigth, RF step back
7&8	LF 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 R heel forward - place RF next to LF - tap L heel forward
&	LF next to RF
7-8	RF step forward - LF step forward

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

1&2	RF step forward – Step LF next to RF – RF step forward
3-4	LF step forward - 1/4 R turn (Weight recover RF)
5&6	Cross LF over RF - Step RF next to the LF - Cross LF over RF
7-8	RF step to right – 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 right - Cross LF over RF
5-8	RF step right - weight back to LF - 1/8 L 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 right - Cross LF over RF
5-6	RF step right - weight back to LF