

I'M GONNA BE (500 MILES)

Basic Plus Level/Moderate Tempo

Music By: The Proclaimers; Chrysalis, "Sunshine on Leith" CD

Choreography By: Missy Shinoski; Kansas City, MO www.MissyShinoski.Info

SEQUENCE: Wait 16 Beats A B C A B C D EXTRA A B *EXTRA C D D C

(*Note: *EXTRA = do 2 Slur Vines, 2 Basics & 2 Double Steps)

PART A:

Rocking Chair DS BR/SL DS RS (1/4L)
L R L R LR

Joey DS S(B) S(O) S(O) S(B) S(O) S(O)
L R L R L R L

Karate Turn & Triple DS B-PIVOT(1/2R) S KICK/SL DS DS DS RS (1/4R)
R R L R L R L LR

****Repeat PART A To Face Front****

PART B:

2 Turkeys H/T S DS RS H/T S DS RS
L L R L RL R R L R LR

Vine Turn DS DS DS/S(1/2R) DS DS RS RS
L R L R L R LR LR

****Repeat PART B To Face Front****

PART C:

Camel Walk (forward)

SLUR/S(B) SL/S(OTS) SL/S(OTS) SLUR/S(B) SL/S(OTS) SL/S(OTS) SLUR/S(B) SL
L L R R L L R R L L R R L L R
& 1 & 2 & 3 & 4 & 5 & 6 & 7 8

Moon Walk DR/S DR/S DR/S DR/S DR/S DR/S B-PIVOT(1/2L) H-drop
(backward & 1/2L) R R L L R R L L R R L L Both R
& 1 & 2 & 3 & 4 & 5 & 6 7 8

(Note: on Moon Walk: as you Drag back & Step – pop up other leg's knee)

****Repeat PART C To Face Front****

PART D:

4 Double Up Downs D(up) DS D(up) DS D(up) DS D(up) DS (1/4L on each = 360L)
L L R R L L R R

4 Count Boogie & Stomp Double Basic Hop Hop Hop Hop (forward) Stomp DS DS RS (1/2R)
B B B B R L R LR

****Repeat PART D To Face Front****

EXTRA:

2 Slur Vines DS SLUR/S(XIB) DS RS DS SLUR/S(XIB) DS RS
L R R L RL R L L R LR