www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com.

## Five Hundred (500)

32 Counts 4 Walls High Beginner
Choreographed by Ole Jacobson Ft. Nina K. (May 2020)
Choreographed to: I'm Gonna Be (500 Miles)
By The Proclaimers
Intro 32 Counts (Shortly before singing starts)

Remember to Vote for your favourite dances in the Linedancer Charts.

## (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 $\quad 1 / 4$ turn right, LF step to the left - $1 / 4$ turn right 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, SHUFFLE 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: $\quad 7$ th \& 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

