

Approved by:

# A Thousand Miles

## 4 WALL – 32 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 2 & 3 – 4 & 5 6 & 7 8 &	<b>Side, Behind &amp; Cross Rock, 1/4 Turn, 1/2 Turn, Back Rock, 1/4 Turn, Back Rock</b> Step right big step to right side, dragging left towards right. Cross left behind right. Step right to right side. Cross rock left over right. Recover onto right. Turn 1/4 left stepping left forward. (9:00) Turn 1/2 left stepping right back and sweeping left from front to back. (3:00) Rock left back slightly behind right. Recover onto right. Turn 1/4 right stepping left big step to left side. (6:00) Rock back on right angling body to right diagonal. Recover onto left. (7:30)	Side Behind & Cross Rock Quarter Half Rock Back Quarter Rock Back	Right Turning left On the spot Turning right On the spot
<b>Section 2</b> 1 2 & 3 – 4 & 5 6 & 7 – 8 & <b>Restart</b>	<b>Forward, Full Turn, Rock, Run Back x 3, Behind, 1/8 Turn, Step, Step Pivot 3/4</b> Facing right diagonal step right forward. Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. (7:30) Rock forward on left. Small run back on right. Small run back on left. Run back on right sweeping left from front to back. Cross left behind right. Turn 1/8 right stepping right forward. (9:00) Step left forward. Step right forward. Pivot 3/4 turn left. (12:00) <b>Walls 2, 5 and 7</b> (facing 9:00, 3:00 and 12:00 respectively): Start the dance again.	Step Full Turn Rock Run Back Back Behind Step Step Pivot	Forward Turning right Back Turning right Turning left
<b>Section 3</b> 1 – 2 & 3 – 4 & 5 – 6 & 7 – 8	<b>NC Basic, 1/4 Turn, Forward Rock, 1/2 Turn, Step Pivot 1/4, Cross, Prissy Walk</b> Step right to right side. Rock back on left. Recover onto right crossing right over left. Turn 1/4 left stepping left forward. Rock forward on right. Recover onto left. (9:00) Turn 1/2 right stepping right forward. Step left forward. Pivot 1/4 turn right. (6:00) Cross left over right. Walk forward on right, crossing right over left.	Side Rock Back Quarter Rock & Half Step Pivot Cross Walk	On the spot Turning left Turning right Forward
<b>Section 4</b> 1 – 2 & 3 & 4 & 5 – 6 7 & 8 &	<b>Prissy Walk, Side, Back Rock, 3/4 Turn, Step, Pivot 1/2, Step, Reverse Full Turn</b> Walk forward left, crossing over right. Step right to side. Cross rock left behind right. Recover onto right. Turn 1/4 right stepping left back. (9:00) Turn 1/2 right stepping right forward. Step left forward. (3:00) Step right forward. Pivot 1/2 left (weight forward onto left). (9:00) Step right forward. Turn 1/2 right stepping left back. (3:00) Turn 1/2 right stepping right forward. Step left forward. (9:00)	Walk Side & Quarter Half Step Step Pivot Step Half Half Step (9:00)	Right Turning right Turning left Turning right
<b>Tag</b> 1 – 2	<b>End of Wall 3 (6:00): Hip Sways</b> Step right to side swaying hips right. Sway hips left.	Sway Sway	On the spot

**Choreographed by:** Karl-Harry Winson (UK) January 2015

**Choreographed to:** 'I Wanna Grow Old With You' by Westlife from CD World Of Our Own; download available from amazon or iTunes (16 count intro - start on vocals 'Another day ...')

**Restarts/Tag:** Three Restarts during Walls 2, 5 and 7. One short Tag after Wall 3.

**Choreographer's note:** The Restarts occur on the same wall that you started on



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)