



Approved by:

# A Thousand Miles

## 4 WALL – 32 COUNTS – INTERMEDIATE

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