



500 MILES

Choreographers:	Release date: February 2017
Annette & Frank Woodruff	Rhythm & Phase: Rumba/Two Step IV+2 (Hip Twists, Closed & Open)
	Music: I'm Gonna Be (500 Miles) by The Proclaimers. See links to mp3s*
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: 3:35 @ unchanged speed
	Footwork: Opposite except where indicated (W's footwork in parentheses)
annetteandfrank@gmail.com	Sequence: Intro - AB - ABC - Bridge - A (1-13) - Interlude - B - CC - Ending

INTRODUCTION

1	Wait ;	OP-FCG WALL wt 1 meas ;
2	Apart Point ;	Apt L, -, pt R twd ptr, - ;
3	Together Touch to CP ;	Take weight R to CP WALL, -, tch L, - ;
4	2 Side Closes ;	Sd L, cl R, sd L, cl R ;

PART A

1 - 2	(CP) Rumba Basic ;;	Fwd L, rec R, sd L, - ; bk R, rec L, sd R, - ;
3	Break to ½ OP ;	XLib trng to ½ OP LOD, rec R, fwd L twd LOD, - ;
4	Man Across ;	Thru R manuvg to Cuddle Position fcg RLOD, sd L contg RF trn in Cuddle, relg Cuddle & trng to L- ½ OP sd R (<i>W thru L, fwd R between M's ft, fwd L</i>), - ;
5 - 6	Lady Across & Man Across ;;	Thru L small step allowg W to manuv in front to Cuddle Position, fwd R between W's ft, contg RF trn fwd L in ½ OP (<i>W thru R manuvg in frt of M, contg RF trn sd L, contg RF trn fwd R to ½ OP</i>), - ; rpt meas 4 Part A ;
7	Thru Face Close to CP COH;	Thru L, sd R trng to fc ptr, cl L to CP COH, - ;
8	Cucaracha R ;	Sd R w/ partial wgt, rec L, cl R, - ;
9 - 10	Cross Body ;;	Fwd L, rec R, sd L trng ¼ LF [bdy trn only 1/8] (<i>W bk R, rec L, fwd R twd M's R sd to L-pos</i>) ; bk R contg LF trn, sm fwd L, sd & fwd R compg ½ LF trn (<i>W fwd L comm LF trn, trng 1/2 LF fwd R, sd & bk L</i>) to LOP-FCG WALL, - ;
11	New Yorker ;	XLif (<i>W XRif</i>) to LOP RLOD, rec R to fc ptr, sd L to BFLY WALL, - ;
12	Crab Walk 4 ;	XRif (<i>W XLif</i>), sd L, XRif (<i>W XLif</i>), sd L ;
13	Spot Turn ;	Swvlg ¼ LF on ball of L ft & relg hnds fwd R turning ½ LF, rec L trng ¼ LF to fc ptr, sd R, - ;
14	Break to OP ;	XLib trng to OP LOD, rec R, fwd L twd LOD, - ;
15	Pick Up in 3 ;	Sm fwd R, L, R (<i>W trng LF fwd L in frt of M, bk R, bk L</i>), - ;
16	Scoot ;	Fwd L, cl R, fwd L, cl R ;

PART B

1 - 2	Progressive Scissors 2x ;;	Sd L, cl R, XLif to SCAR DLW, - ; trng to fc LOD; sd R, cl L, XRif to BJO DLC,- ;
3	Forward Lock 2x ;	Fwd L, lk Rib, fwd L, lk Rib ;
4	Walk & Check ;	Fwd L, -, fwd R ckg, - ;
5	Fishtail ;	XLib, sd R trng RF, fwd L w/ L shldr ldg, lk Rib to BJO DLW ;
6	Walk & Face ;	Fwd L, -, fwd R trng to fc WALL, - ;
7 - 8	2 Turning 2s ;;	Sd L contg RF trn, cl R, bk L compg ½ RF trn, - ; sd R contg RF trn, cl L, fwd R contg RF trn to CP WALL, - ;

Repeat Parts A & B

PART C

1 - 2	Closed Hip Twist to a Fan ;;	Rk sd & slightly fwd L, rec R, cl L (<i>W trng RF ½ bk R, rec L trng LF ½, sd R small step, swivelg ¼ RF tch L</i>), - ; bk R, rec L, cl R (<i>W fwd L, sd & fwd R trng ½ LF, bk L leavg R xtnd fwd</i>), - ;
3 - 4	Hockey Stick ;;	Fwd L, rec R, sm sd L raisg jnd ld hnds to form window (<i>W cl R, fwd L, fwd R</i>), - ; bk R, rec L, lwrng hnds strong fwd R (<i>W fwd L, fwd R & spiral LF 5/8, bk L</i>) to LOP-FCG DRW, - ;
5 - 6	Open Hip Twist to a Fan ;;	Fwd L, rec R, cl L (<i>W bk R, rec L, fwd R</i>), - ; raisg jnd ld hnds bk R, rec L lwrng hnds, cl R (<i>W fwd L, sd & fwd R trng ½ LF, bk L leavg R xtnd fwd</i>), - ;
7 - 8	Alemana to CP ;;	Fwd L, rec R, sd L (<i>W cl R, fwd L, trng ¼ RF to fc ptr fwd & sd R</i>), - ; raisg jnd ld hnds palm-to-palm XRib, rec L, sd R (<i>W fwd L undr ld hnds & swvl ½ RF, fwd R twd WALL & swvl ¼ RF, fwd & sd L comp full RF trn to fc ptr</i>), - ;

BRIDGE

1 - 2	Scallop ;;	Trng sharply to SCP XLib (<i>W XRib</i>), rec R trng sharply to CP, sd L, - ; thru R trng sharply to SCP LOD, sd L trng sharply to CP, cl R, - ;
-------	-------------------	--

Repeat Part A (1-13)**INTERLUDE**

1	(To RLOD) Crab Walk 4 ;	XLif (<i>W XRif</i>), sd R, XLif (<i>W XRif</i>), sd R ;
2	Spot Turn to SCP ;	Swvlg ¼ RF on ball of R ft & relg hnds fwd L trng ½ RF, rec R trng ¼ RF to fc ptr, sd L to SCP LOD, - ;
3	Pick Up in 3 ;	Sm fwd R, L, R (<i>W trng LF fwd L in frt of M, bk R, bk L</i>), - ;
4	Slow Fwd & R Lunge ;	Fwd L, -, lunge fwd & sd R with soft knee leavg L leg extended, - ;
5	Slow Recover Close ;	Rec L, -, cl R, - ;
6	Scout ;	Fwd L, cl R, fwd L, cl R ;

Repeat Part B**Repeat Part C 2x****ENDING**

1 - 2	(CP) Rumba Basic ;;	Rpt meas 1-3 Part A ;;
3	Break to ½ OP ;	
4 - 5	Man Across & Lady Across ;;	Thru R manuvg to Cuddle Position fcg RLOD, sd L contg RF trn in Cuddle, relg Cuddle & trng to Left ½ OP sd R (<i>W thru L, fwd R bet M's ft, fwd L</i>), - ; Thru L small step allowg W to manuv in front to Cuddle Position, fwd R between W's ft, contg RF trn fwd L in ½ OP (<i>W thru R manuvg in frt of M, contg RF trn sd L, contg RF trn fwd R to ½ OP</i>), - ;
6	Thru Face Close ;	Thru R, sd L trng to fc ptr, cl R to CP WALL, - ;
7 - 8	Scallop ;;	Rpt meas 1-2 Bridge ;;
9	Apart Point ;	Apt L to OP FCG, -, pt R twd ptr, - ;

*Amazon link: https://www.amazon.com/s/ref=nb_sb_ss_i_1_16/163-2698474-1597813?url=search-alias%3Ddigital-music&field-keywords=the+proclaimers+500+miles&srefix=The+Proclaimers+%2Cdigital-music%2C211&crd=3C73ANNXB0CV

*You Tube link: <https://www.youtube.com/watch?v=tM0sTNtWDiI>

*Spotify link : <https://open.spotify.com/track/66S14BkJDxgkYxL15DCqOz>



The Proclaimers are a Scottish band composed of twin brothers Charlie and Craig Reid (born 5 March 1962). They are best known for the songs "I'm Gonna Be (500 Miles)", "Sunshine on Leith", "I'm On My Way" and "Letter from America", and their distinctive singing style with a Scottish accent. The band tours extensively throughout the world. They have released ten studio albums since 1987 as well as three compilation albums and a DVD.

500 MILES – WOODRUFF – RB/TS IV+2 – 3:35 – THE PROCLAIMERS

INTRO (4 meas)

OP-FCG WALL Wait 1 ; Apt Pt ; Tog Tch to CP ; 2 Side Closes ;

PART A (16 meas)

Rumba Basic ;; Break to ½ OP ; Man Across ;
Lady Across & Man Across ;; Thru Fc Cl to CP ; Cucaracha R ;
Cross Body ;; New Yorker to BFLY ; Crab Walk 4 ;
Spot Turn ; Break to OP ; Pick Up in 3 ; Scoot ;

PART B (8 meas)

Progr Scissors 2x ;; Forward Lock 2x ; Walk & Check ;
Fishtail ; Walk & Fc ; 2 Turning 2s ;;

PART A (16 meas)

Rumba Basic ;; Break to ½ OP ; Man Across ;
Lady Across & Man Across ;; Thru Fc Cl to CP ; Cucaracha R ;
Cross Body ;; New Yorker to BFLY ; Crab Walk 4 ;
Spot Turn ; Break to OP ; Pick Up in 3 ; Scoot ;

PART B (8 meas)

Progr Scissors 2x ;; Forward Lock 2x ; Walk & Check ;
Fishtail ; Walk & Fc ; 2 Turning 2s ;;

PART C (8 meas)

Closed Hip Twist to a Fan ;; Hockey Stick ;;

Open Hip Twist to a Fan ;; Alemana to CP ;;

BRIDGE (2 meas)

Scallop ;;

PART A (1-13)

Rumba Basic ;; Break to ½ OP ; Man Across ;
Lady Across & Man Across ;; Thru Fc Cl to CP ; Cucaracha R ;
Cross Body ;; New Yorker to BFLY ; Crab Walk 4 ;
Spot Turn ;

INTERLUDE (6 meas)

(To RLOD) Crab Walk 4 ; Spot Turn to SCP ; Pick Up in 3 ;
Slow Forward and R Lunge ; Slow Recover Close ; Scoot ;

PART B (8 meas)

Progr Scissors 2x ;; Forward Lock 2x ; Walk & Check ;
Fishtail ; Walk & Fc ; 2 Turning 2s ;;

PART C (8 meas)

Closed Hip Twist to a Fan ;; Hockey Stick ;;

Open Hip Twist to a Fan ;; Alemana to CP ;;

PART C (8 meas)

Closed Hip Twist to a Fan ;; Hockey Stick ;;

Open Hip Twist to a Fan ;; Alemana to CP ;;

ENDING (9 meas)

Basic ;; Break to ½ OP ; Man Across & Lady Across ;;
Thru Face Close ; Scallop ;; Apart Point ;