

**Four Quarters****BEGINNER**

32 Count

Choreographed by: Deb Crew, Lynn Warden,  
Raymond Joseph Turcotte & Valerie Patricia KellerChoreographed to: 1000 Miles  
From Nowhere by Dwight Yoakam

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**FORWARD SHUFFLE, ROCK-STEP, 1/2 TURNING SHUFFLE, STEP FORWARD, 1/2 TURN****/After first time through the dance, each time thereafter, start the dance by 1/4 turning to the right as you shuffle forward, thus making this a four-wall dance**

- 1 & 2 Shuffle forward: right, left, right  
3 - 4 Rock forward on left foot, step back in place on right foot  
5 & 6 1/2 turning shuffle, turning left: left, right, left  
7 - 8 Step forward on right foot, step 1/2 turn left onto left foot

**TRAVELING KICK-BALL-CHANGES, TRAVELING PENDULUMS, HOLD**

- 1 & 2 Kick right foot forward, step ball of right foot in place, step forward on left foot  
3 & 4 Kick right foot forward, step ball of right foot in place, step forward on left foot  
5 & 6 Point right toes to right side, step back on ball of right foot, point left toes to left side  
& 7 Quickly step back on ball of left foot, point right toes to right side  
8 Hold for one beat

**SAILOR SHUFFLES, ROCK-STEP, KICK-STEP-CROSS**

- 1 & 2 Cross and step right foot behind left foot, step side left on left foot, step right foot in place  
3 & 4 Cross and step left foot behind right foot, step side right on right foot, step left foot in place  
5 - 6 Rock back onto right foot, step forward in place on left foot  
7 & 8 Kick the right foot forward, step ball of right foot home, cross and step left foot over right foot

**MAMBO STEPS IN PLACE**

- 1 & 2 Rock side right onto right foot, rock side left onto left foot, step right beside left  
3 & 4 Rock side left onto left foot, rock side right onto right foot, step left beside right  
5 & 6 Rock forward onto right foot, step left foot in place, step right foot beside left foot  
7 & 8 Rock back onto left foot, step right foot in place, step left foot beside right foot

**REPEAT**