



Walk A Mile

32 Count 4 Wall Absolute Beginner Level Dance.
Choreographed by: Ann-Jeanett Ramsvatn (DK) Jun 2026
Choreographed to: Walk a Mile by Midland
Intro: 16 Counts. Start at approx 8 secs.

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SEC 1 HEEL STRUT, HEEL STRUT, ROCKING CHAIR

- 1-2 Touch R heel fwd, drop weight onto R
- 3-4 Touch L heel fwd, drop weight onto L
- 5-6 Rock fwd on R, recover back on L
- 7-8 Rock back on R, recover back on L

SEC 2 1/8 TURN, 1/8 TURN, JAZZBOX CROSS

- 1-2 Step fwd on R, turn 1/8 L weight to L (10:30)
- 3-4 Step fwd on R, turn 1/8 L weight to L (9:00)
- 5-6 Cross R over L, step back on L
- 7-8 Step R to R side, cross L over R

Restart Here on Wall 4

SEC 3 SIDE, TOGETHER, SIDE, TOGETHER, TWIST HEELS TOES HEELS TOES

- 1-2 Step R to R side, step L next to R
- 3-4 Step R to R side, step L next to R
- 5-6 Twist heels to L, twist toes to L
- 7-8 Twist heels to L, twist toes to L weight on L

SEC 4 ROCK, SIDE ROCK, BACK HOOK, STEP SCUFF

- 1-2 Rock fwd on R, recover back on L
- 3-4 Rock R to R side, recover back on L
- 5-6 Step back on R, hook L heel across R shin
- 7-8 Step fwd on L, scuff R

Ending At the end of Wall 10

CROSS UNWIND 1/2

- 1-4 Cross R over L, unwind 1/2 L over 3 counts weight ends on L



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