

Walk a Mile

Count: 32

Wall: 4

Level: Beginner

Choreographer: Jaret Yucknat (USA) - August 2026

Music: Walk A Mile - Midland



Intro - 17 counts

[1-8] LEFT HEEL, RIGHT HEEL, LEFT HEEL HOOK HEEL

- 1,2 L Heel out front, Step underneath
- 3,4 R Heel out front, Step underneath
- 5,6,7,8 L Heel out front, hook across, L Heel out front, Step slightly in front

[9-16] RIGHT ROCKING CHAIR, LOCK WALK

- 1,2,3,4 Rock R forward, Step center on L, Rock R back, Step center on L
- 5,6,7,8 Step R to the slight diagonal, Cross L behind R, Step R to the slight diagonal, Scuff L out in front

[17-24] LEFT ROCKING CHAIR, LEFT QUARTER TURN JAZZ BOX

- 1,2,3,4 Rock L forward, Step center on R, Rock L back, Step center on R
- 5,6,7,8 Cross L in front on R, Step R to the side, Step L to the side making a ¼ turn to the left Step R in front across the L

[25-32] Z Step

- 1,2 Step L to the diagonal, touch R next to L
- 3,4 Step R to the side, touch R next to L
- 5,6 Step L to the back diagonal, touch R next to L
- 7,8 Step R to the side, touch L next to R

1 Restart on wall 4 after 16 counts

During the chorus, a stylizing option for the first 8 count:

- 1,2,3,4 L Heel out front, stomp L next to right, hitch L, Step L down
- 5,6,7,8 R Heel out front, hitch R, stomp R next to left, Step L in front of R

And turn the right rocking chair into two half pivots
