

# I'M GONNA BE

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Music: "I'm Gonna Be," The Proclaimers. CD: *Sunshine on Leith*, Track #1. Also available as .mp3 from Amazon & other sites.  
Time: 3:29  
Footwork: Opposite (*Woman's footwork opposite, except as noted in parentheses*)  
Rhythm/Phase: Two Step II+1 [Strolling Vine]  
Degree of difficulty: Easy  
Sequence: INTRO – A – B – A – B – Inter 1 – AMod – B – Inter 2 – END

## INTRODUCTION

### 1-4 EIGHT FEET APART FACING WALL LEAD FEET FREE WAIT 2 MEAS ; ; STRUT TOGETHER IN FOUR TO SCP ; ;

- 1-2 Partners 8 ft apart man facing WALL woman facing COH **Wait ; Wait ;**  
3-4 **{Strut Tog in 4}** Fwd, -, fwd, -; fwd, -, fwd to SCP, -;

## PART A

### 1-4 TWO FORWARD 2-STEPS ; ; CIRCLE AWAY AND TOGETHER TO SCP ; ;

- 1-2 **{2 Fwd 2-Stps}** Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;  
3-4 **{Circle Awy & Tog}** [In a tight circle] Circ LF away from ptr fwd L, cl R, fwd L, -; circ LF twd ptr fwd R, cl L, fwd R to SCP, -;

### 5-8 LACE UP TO CP WALL ; ; ; ;

- 1 **{Lace Across}** With M's L and W's R hands joined & passing behind W moving DIAG across LOD fwd L, cl R, fwd L, ending in LOP LOD - (*W passing in front of M under joined hnds and moving DIAG across LOD fwd R, cl L, fwd R, -*) ;  
2 **{Fwd 2-Step}** Fwd R, cl L, fwd R, -;  
3 **{Lace Back}** With M's R and W's L hnds joined & passing behind W moving DIAG across LOD ending in OP LOD fwd L, cl R, fwd L, - (*W passing in front of M under joined hands and moving DIAG across LOD fwd R, cl L, fwd R, -*) ;  
4 **{Fwd 2-Step}** Fwd R, cl L, fwd R turn to fc ptr & blend to CP WALL, -;

### 9-12 TRAVELING BOX ; ; ; ;

- 9 Sd L, cls R, fwd L, -;  
10 Sd R, -, thru L turning to RLOD, -;  
11 Blend to fc CP WALL sd R, cl L, bk R, -;  
12 Blend to SCP LOD fwd L, -, fwd R, -;

### 13-16 TWO TURNING 2-STEPS TO CP WALL ; ; VINE EIGHT ; ;

- 13-14 **{2 Trng 2-Stps}** Blndg to CP sd L, cl R commence RF trn, sd & bk L across Line of Progression compl 1/2 RF trn, -; sd R, cl L comm RF trn, fwd R compl RF trn to CP WALL, (*W sd R, cl L commence RF trn, fwd R comp 1/2 RF trn, -; sd L, cl R comm RF trn, sd and bk L across Line of Progression compl RF trn,*) -;  
15-16 **{Vine 8}** Sd L, XRib, sd L, XRif ; sd L, XRib, sd L, XRif ;

## PART B

### 1-4 STROLLING VINE TO BFLY WALL ; ; ; ;

- 1 Sd L, -, XRib (*W XLif trng LF starting PU action*), -;  
2 Trng LF sd L, cl R, trng LF fwd L to CP COH, -;  
3 Sd R, -, XLib (*W XRif trng RF*), -;  
4 Trng RF sd R, cl L, trng RF fwd R to BFLY WALL, -;

**5-8 FACE TO FACE AND BACK TO BACK ; ; TWIRL VINE 3 ; THRU SIDE CLOSE TO SCP;**

- 5-6 {Fc to Fc & Bk to Bk} Sd L, cl R, sd & fwd L turning 1/2 LF to a Bk to Bk Pos, -; sd R, cl L, sd & fwd R turning 1/2 RF to BFLY WALL, -;
- 7 {Twirl Vine 3} Sd L, XRib, sd L, - (*W sd & fwd R trng 1/2 RF under joined hands, sd and bk L trng 1/2 RF, sd R,-*);
- 8 {Thru Sd Cl} Thru R, sd L, cl R to L blend to SCP, -;

**REPEAT PART A**

- 1-4 TWO FORWARD 2-STEPS ; ; CIRCLE AWAY AND TOGETHER TO SCP ; ;**
- 5-8 LACE UP TO FACE ; ; ; ;**
- 9-12 TRAVELING BOX ; ; ; ;**
- 13-16 TWO TURNING 2-STEPS TO BFLY ; ; VINE EIGHT TO CP WALL ; ;**

**REPEAT PART B**

- 1-4 STROLLING VINE TO BFLY WALL ; ; ; ;**
- 5-6 FACE TO FACE AND BACK TO BACK ; ;**
- 7 TWIRL VINE 3 ;**
- 8 THRU SIDE CLOSE TO SCP ;**

**INTERLUDE 1**

**1-4 SCOOT ; WALK & PICKUP ; PROGRESSIVE SCISSORS TWICE ; ;**

- 1 {Scoot} Fwd L, cl R, fwd L, cl R ;
- 2 {Walk & Pick Up} Fwd L, -, sm fwd R Idg W in frt (*W trng LF fwd L & swvl LF on ball of L ft*) to CP LOD, -;
- 3-4 {Prog Scis 2X} Sd L, cl R, XLif to SCAR DLW, -; sd R, cl L, XRif to BJO DLC -;

**5-8 FORWARD LOCK FORWARD ; FORWARD 2-STEP ; HITCH 3 ; HITCH SCISSORS TO SCP LOD;**

- 5 {Fwd Lock Fwd} Fwd L, lk Rib, fwd L, -;
- 6 {Fwd 2-Step} Fwd R, cl L, fwd R, -;
- 7 {Hitch 3} Fwd L, cl R, bk L, -;
- 8 {Hitch Scissors} Bk R, cl L, fwd R (*W trng to fc ptr sd L, cl R, XLif*) to SCP LOD, -;

**9-10 TWO TURNING 2-STEPS TO SCP ; ;**

- 9-10 {2 Trng 2-Stps} Blndg to CP sd L, cl R commence RF trn, sd & bk L across Line of Progression compl 1/2 RF trn, -; sd R, cl L comm RF trn, fwd R compl RF trn to SCP, (*W sd R, cl L commence RF trn, fwd R comp RF trn, -; sd L, cl R comm RF trn, sd and bk L across Line of Progression compl RF trn,*) -;

**PART A MODIFIED [Meas 1-14 same as Part A meas 1-14]**

**1-4 TWO FORWARD 2-STEPS ; ; CIRCLE AWAY AND TOGETHER TO SCP ; ;**

**5-8 LACE UP TO FACE ; ; ; ;**

**9-12 TRAVELING BOX ; ; ; ;**

**13-14 TWO TURNING 2-STEPS TO BFLY WALL ; ;**

**15-16 VINE EIGHT TO OP LOD ; ;**

- 15-16 {Vine 8} Sd L, XRib, sd L, XRif ; sd L, XRib, sd L, XRif to OP LOD ;

**17-19 VINE APART 3 & HOLD 2 ; VINE TOGETHER 3 TO CP WALL ; SIDE CLOSE TWICE ;**

- 17 {VINE APT 3} [Away from ptr M twd COH W twd WALL] Sd L, XRib (*W XLib*), sd L, tch R, hold, hold ; [Six beats in this measure]
- 18 {VINE TOG 3 TO CP} [Twd ptr M twd WALL W twd COH] Sd R, XLib (*W XRib*), sd R, tch L trng 1/4 RF (*W 1/4 LF*) to CP WALL, -;
- 19 {Sd Cl 2X} Sd L, cl R, sd L, cl R ;

REPEAT PART B

- 1-4 **STROLLING VINE ; ; ; ;**  
5-6 **FACE TO FACE AND BACK TO BACK ; ;**  
7 **TWIRL VINE 3 ;**  
8 **THRU SIDE CLOSE TO SCP ;**

INTERLUDE 2 [Meas 1-8 same as Int 1, meas 1-8]

- 1-4 **SCOOT TWICE ; WALK & PICKUP ; PROGRESSIVE SCISSORS TWICE ; ;**  
5-8 **FORWARD LOCK FORWARD ; FORWARD 2-STEP ; HITCH 3 ; HITCH SCISSORS TO SCP LOD ;**

- 9-12 **TWO TURNING 2-STEPS TO CP LOD ; ; TWO FORWARD 2-STEPS ; ;**

9-10 {2 Trng 2-Stps} Blndg to CP sd L, cl R commence RF trn, sd & bk L across Line of Progression compl 1/2 RF trn, -; sd R, cl L comm RF trn, fwd R compl 1/4 RF trn to CP LOD, (*W sd R, cl L commence RF trn, fwd R comp 1/2 RF trn, -; sd L, cl R comm RF trn, sd and bk L across Line of Progression compl 1/4 RF trn to CP,*) -;

11-12 {2 Fwd 2-Steps} Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;

- 13-16 **PROGRESSIVE BOX TO WALL ; ; TWO TURNING 2-STEPS TO CP WALL ; ;**

13-14 {Prog Box} Sd L, cl R, fwd L, -; sd R, cl L, fwd R blndg to WALL, -;

15-16 {2 Trng 2-Stps} Sd L, cl R commence RF trn, sd & bk L across Line of Progression compl 1/2 RF trn, -; sd R, cl L comm RF trn, fwd R compl RF trn to CP WALL, - (*W sd R, cl L commence RF trn, fwd R comp 1/2 RF trn, -; sd L, cl R comm RF trn, sd and bk L across Line of Progression compl RF trn to CP,*) -;

END

- 1-4 **STROLLING VINE ; ; ; ;**  
1-4 {Strolling Vine} Same as Part B, meas 1-4  
5-8 **FACE TO FACE AND BACK TO BACK TO BFLY ; ; VINE 3 ; WRAP IN 3 ; STEP BACK & FREEZE ,**

5-6 {Face to Face & Back to Back} Same as Part B, meas 5-8

7 {Vine 3} Sd L, XRib, sd L, tch R ;

8 {Wrp in 3} To RLOD sd R, XLib, sd R, tch L trng 1/4 LF to LOD (*W trng LF wrap L, R, L, tch R ending in WRP pos fcg LOD*) ; Stp bk L (*W R*) & freeze,

[Note: Thanks to Annette Woodruff for her suggestions.]

"I'm Gonna Be (500 Miles)" is a song written and performed by The Proclaimers, a Scottish band composed of identical twin brothers Charlie and Craig Reid, and first released as the lead single from their 1988 album *Sunshine on Leith*. Although it failed to reach the top ten in either the UK or Ireland on its initial release, it has since become their most popular song worldwide, initially becoming a #1 hit in Iceland, before reaching #1 in both Australia and New Zealand in early 1989, and in 1993 the song reached the top 5 on both the *US Billboard Hot 100* and *Canadian Hot 100* charts following its appearance in the film *Benny & Joon*. "I'm Gonna Be (500 Miles)" has become a live staple at the Proclaimers' concerts. The song has also been used in TV shows and movies, including episodes of *Dr. Who*, *Alvin & the Chipmunks*, *How I Met Your Mother*, *Grey's Anatomy*, and many others.