

Ain't No Mountain High Enough (Phrased)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Phrased Low Intermediate
编舞者: Wendy Johansson (CAN) - September 2019
音乐: Ain't No Mountain High Enough - Marvin Gaye & Tammi Terrell : (iTunes)



Intro: 16 Cts. - Sequence: A A* B A B A A A* B B

A* - dance 15 Cts of A. On Ct 16, touch L beside R and square up to 12:00. Start B.

PHRASE A: 32 COUNTS Verse: [1-8] Syncopated weave -zig zag forward.

1 2& 3 4 Cross L over R toward 1:30 diagonal (Face10:30), hold (2), step R to R side, cross L behind R, step R to R side.

5 6& 7 8 Rotate a 1/4 turn to R and step L to L side toward 10:30 diagonal (Face1:30), hold (6), cross R behind L, step L to L side, cross R over L.

[9-16] Step touch to L, Rock forward on R, back drag, ball step step.

1 2 3 4 Step L to L side, touch R beside L. Rock R forward, recover on L.

5 6 & 7 8 Big step back on R and drag L, step ball of L beside R, step forward R, step forward L.

A* - dance 15 Cts of A. On Ct 16, touch L beside R and square up to 12:00. Start B.

[17-24] Skate R, hold, skate L/R/L, hold, 1/4 turn R and scuff L.

1 2 3 4 Square to 3:00: Skate R to R side (4:30), hold (2), low small swivel/skate to L (1:30), then R (4:30).

5 6 7 8 Skate L to L side (1:30), hold (6), 1/4 turn R (6:00) to step R forward, scuff L forward.

[25-32] 1/4 Turn Step kick, behind, 3/4 Box Turn, touch.

1 2 3 4 1/4 Turn to R (9:00) to step L to side, kick R to diagonal (10:30), step R behind L, 1/4 turn L (6:00) to step forward on L,

5 6 7 8 Step R to R side. 1/4 Turn L (3:00) to step on L to side. 1/4 Turn L (12:00) to step R to R side. touch L beside R.

PHRASE B: 32 COUNTS Chorus: [1-8] Step touch 3x (L/R/Back 1/4 T), 1/4 T forward R,L.

1 2 3 4 Step touch 3x: Step L to side, touch R beside L. Step R to side, touch L beside R.

5 6 7 8 1/4 turn (9:00) to Step L to side (opt: raise R arm out front on lyric "high"), touch R beside L. lower R arm as you 1/4 turn (12:00) to step forward on R, Step L beside R.

[9-16] 1/4 Turn to Step touch to R, Rock back on L, hip roll L, Step to R, touch L.

1 2 3 4 1/4 turn (3:00) to Step R to R side, touch L beside R. Rock L back, recover on R.

5 6 7 8 Step L to L side, bending knees and roll hips and torso clockwise down and up, Step R to R side, Touch (or flick) L behind R.

[17-24] Grapevine turning L, 5/8 Turn sweep to R, hold (8).

1 2 3 4 Grapevine to L : 1/4 Turn to L (12:00) to step on L, 1/4 Turn to L (9:00) to step on R, 1/2 Turn to L to step on L (3:00), touch R beside L (or point touch to R).

5 6 7 8 1/4 Turn R to step forward R (6:00) and sweep L around point side (F10:30), hold (8).

[25-32] Ball step, step, Pivot 1/2 Turn, 1/4 Turn, hold, heel bounce 2x.

&1 2 3 4 Step ball of L behind R, step forward R, then L. step forward R and pivot 1/2 on to L (4:30).

5 6 & 7 & 8 1/4 Turn L (1:30) to step on R to side (opt: point L hand/arm to 10:30 on "you"), hold (6), bounce both heels in place. Bounce heels with 1/4 Turn L (11:00) shifting weight on R.

SHAZAM!!! :D

Contact: wendyjohansson1@gmail.com
