

Ain't No Mountain

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Karl-Harry Winson (UK) - April 2024
音乐: Ain't No Mountain High Enough - Cascada



Intro: 16 Counts (8 Seconds).

Right V Step. Forward Step. Heel Bounces X3 (turning 1/4 Left).

1 – 2 Step forward and out on Right. Step forward and out on Left.

Optional Arm Movements for Counts 1 – 2: Push both hands up into the air as you step forward R - L

3 – 4 Step back on Right. Step Left beside Right.

5 Step forward on Right.

6 – 8 Bounce both heels 3 times as you turn 1/4 turn Left.

****Restart 3 happens here on Wall 11 (facing 3.00)**

Right Jazz Box-Cross. Side Touches X2.

1 – 4 Cross Right over Left. Step Left back. Step Right to Right side. Cross Left over Right.

5 – 6 Step Right to Right side (raise both arms up). Touch Left toe behind Right (bring arms back down)

7 – 8 Step Left to Left side (raise both arms up). Touch Right toe behind Left (bring arms back down).

***Restarts 1&2 happen here on Wall 2 (facing 12.00) and Wall 7 (facing 9.00).**

Right Grapevine. Touch. Left Grapevine. Touch.

1 – 3 Step Right to Right side. Cross Left behind Right. Step Right to Right side.

4 Touch Left beside Right.

5 – 7 Step Left to Left side. Cross Right behind Left. Step Left to Left side.

8 Touch Right beside Left. (9.00)

Turning Option: Rolling Vine Right. Touch. Rolling Vine Left. Touch.

Forward Step. 1/2 Turn Right. Back Rock. Heel Switches Forward. Hold/Double Clap.

1 – 2 Step Right forward (9.00). Turn 1/2 turn Right stepping back on Left (3.00).

3 – 4 Rock Right back. Recover weight on Left (3.00).

5&6 Dig Right heel forward. Step Right beside Left. Dig Left heel forward.

&7 Step Left beside Right. Dig Right heel forward.

&8 Clap hands twice as you hold the Right heel forward (3.00).

Restarts: To keep this dance in phrase I have included 3 restarts (making it a high beginner level dance).

***Restarts 1&2 happen on Wall 2 (facing 12.00) and Wall 7 (facing 9.00).**

****Restart 3 happens on Wall 11 (facing 3.00)**

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