

Mountains

拍数: 64 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - September 2024
音乐: Mountains - Jonas Blue, Galantis & Zoe Wees : (Spotify/YouTube Music/ Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts)

[S1] Step-Pivot 1/2L-1/2L-1/4L, Heel Grind 1/4R, Back-Kick

1 2 Step forward on R, Make a ½ turn left recover weight on L (6:00)
3 4 Make a ½ turn left stepping back on R (12:00), Make a ¼ turn left stepping L to the side (9:00)
5 6 R heel grind making a ¼ turn right (12:00), Step back on L
7 8 Step back on R, Kick back on L

[S2] Back Rock-1/2R-Kick, Back Rock, 1/2L-1/4L

1 2 Rock back on L, Replace weight on R
3 4 Make a ½ turn right stepping back on L (6:00), Kick forward on R
5 6 Rock back on R, Replace weight on L
7 8 Make a ½ turn left stepping back on R (12:00), Make a ¼ turn left stepping L to the side (9:00)

[S3] Fwd w/Heels Swivel in, Swivel Out, Back, Back-Back-Back, Back Rock, Step-Paddle 1/4R Turn

1 2 Step forward on R and swivel both heels inward, Swivel both heels outward shifting weight to L and slightly flick R to the side
3 4& Step back on R, Run back on L-R (4&)
5 6& Step back on L, Rock back on R, Replace weight on L
7&8 Step forward on R, Touch forward on L, Make a ¼ turn right recover weight on R (12:00)

[S4] Fwd w/Heels Swivel in, Swivel Out, Back, Coaster Step-Pivot 1/2L, Step-Pivot 1/4L

1 2 Step forward on L and swivel both heels inward, Swivel both heels outward shifting weight to R and slightly flick L to the side
3 4& Step back on L, Step back on R, Step L next to R
5 6 Step forward on R, Make a ½ turn left recover weight on L (6:00)
7 8 Step forward on R, Make a ¼ turn left recover weight on L (3:00)

- Restart here on Wall 3

[S5] Fall Away 1/4R into Coaster Step-Together, Cross-1/4L Samba

1&2 Cross R over L, Make a ⅛ turn right stepping back on L, Step back on R
3& Make a ⅛ turn right stepping back on L (6:00), Step back on R
4&5 Step back on L, Step R next to L, Step forward on L
6 Step R next to L
7&8 Slightly cross L over R, Make a ¼ turn left samba rock R to the side (3:00), Recover weight on L

[S6] Step-Pivot 1/2L, Fwd Rock-1/2R-1/2R-1/4R-Together

1 2 Step forward on R, Make a ½ turn left recover weight on L (9:00)
3 4 Rock forward on R, Replace weight on L
3 4 Make a ½ turn right stepping forward on R (3:00), Make a ½ turn right stepping back on L (9:00)
7 8 Make a ¼ turn right stepping forward on R (12:00), Step L next to R – push back

[S7] Back, Touch, Back-Touch-Back-Touch, 1/4L-Touch, Side, Fwd, 1/2R w/ Hitch-Fwd

1 2 Step diagonally back on R, Touch L next to R
&3 Step diagonally back on L, Touch R next to L
&4 Step diagonally back on R, Touch L next to R
&5 6 Make a ¼ turn left stepping L to the side (9:00), Touch R next to L, Step R to the side
7 8 Step forward on L making a ½ turn right (3:00) slightly hitch R, Recover and step forward on R

[S8] -Point, Fwd, Point, Toe-Heel-Touch, Kick-Ball-Cross-Samba

1 2 - Point L to the side, Step forward on L, Point R to the side
4&5 Touch R toes to the side, Touch R heel beside L, Touch R toes next to L
6& Kick diagonally forward on R, Ball step on R
7&8 Cross L over R, Samba rock R to the side, Replace weight on L

Restart on Wall 3 – 16 counts (9:00)

Ending suggestion: Dance towards the end (6:00) and replace the last 2 counts (cross samba) with – Step forward on L (7), Make a ½ turn left chase turn (&), Step forward on L, facing the front.

(updated: 3/Sept/24)
