

# Foot of The Mountain

拍数: 48                      墙数: 2                      级数: Improver  
编舞者: Sadiyah Heggernes (NOR/UK) - July 2009  
音乐: Foot of the Mountain - a-ha : (CD: Foot Of The Mountain)



## 32 Count Intro – Start on Vocals

### Section 1: Step, Sweep, Cross Shuffle ¼ Turn, Forward Struts

1-2                      Step forward on right. Sweep left out and in front of right  
3&4                      Cross left over right. Step right to side. Cross left over right  
5-6                      ¼ turn right. Touch right toes forward. Step down on right heel 3:00  
7-8                      Touch left toes forward. Step down on left heel

### Section 2: Step, Touch, Coaster Step, Side, Touch, ¼ Turn Side, Touch

1-2                      Step forward right. Touch left beside right  
3&4                      Step back on left. Step right beside left. Step forward on left  
5-6                      Step right to side. Touch left beside right.  
7-8                      ¼ turn left step left to side. Touch right beside left 12:00

Restart here during wall 4 (facing 6:00)

Dance to the end of Section 2 and start dance from beginning

### Section 3: Step, Lock, Shuffle Forward, Rock Forward, ¼ Turn, Side, Together

1-2                      Step forward on right. Lock left behind right.  
3&4                      Step forward on right. Close left beside right. Step forward on right  
5-6                      Rock forward on left. Rock back onto right  
7-8                      ¼ turn left stepping left to left side. Step right beside left (no weight) 9:00

### Section 4: Step, Touch, Coaster, Side, Touch, ¼ Turn Side, Touch

1-2                      Step forward left. Touch right beside left  
3&4                      Step back on right. Step left beside right. Step forward on right  
5-6                      Step left to side. Touch right beside left  
7-8                      ¼ turn left step right to side. Touch left beside right 6:00

### Section 5: Rock Forward, ¾ Turn, Step, ½ Pivot, Step, ¼ Pivot

1-2                      Rock forward on left. Rock back onto right  
3&4                      ¾ turn left stepping left-right-left 9:00  
5-6                      Step forward on right. Pivot ½ turn left (weight ends on) 3.00  
7-8                      Step forward on right. Pivot ¼ turn left (weight ends on) 12:00

### Section 6: Step, Point, Sailor, ½ Pivot, Brush

1-2                      Step forward right. Point left to left side  
3&4                      Cross left behind right. Step right to side. Step left in place  
5-6                      Step forward on right. ½ turn left keeping (weight ends on left) 6:00  
7-8                      Brush right beside left. Brush right across left

Ending: Dance up to Section 1 (facing 9:00) Step forward on right. ¾ turn left to face 12:00