

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