

# Mountains To The Sea

**COPPERKNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: High Beginner  
編舞者: Maggie Gallagher (UK) - November 2015  
音樂: Mountains to the Sea (feat. Imelda May) - Mary Black : (amazon)



**Intro: 8 count (4 secs)**

## **S1: ROCK FWD, ROCK BACK, ROCK FWD, SHUFFLE BACK**

1-2-3-4      Rock forward on right, Recover on left, Rock back on right, Recover on left  
5-6      Rock forward on right, Recover on left  
7&8      Step back on right, Step left next to right, Step back on right

## **S2: ROCK BACK, ROCK FWD, ROCK BACK, SHUFFLE FWD**

1-2-3-4      Rock back on left, Recover on right, Rock forward on left, Recover on right  
5-6      Rock back on left, Recover on right  
7&8      Step forward on left, Step right next to left, Step forward on left \*Restart Wall 5 [12.00]

## **S3: SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE**

1-2      Rock right to right side, Recover on left  
3&4      Cross right over left, Step left to left side, Cross right over left  
5-6      Rock left to left side, Recover on right  
7&8      Cross left over right, Step right to right side, Cross left over right

## **S4: SIDE TOUCH, SIDE TOUCH, HEEL & HEEL & HEEL, HOLD**

1-2-3-4      Step right to right side, Touch left next to right, Step left to left side, Touch right next to left  
5&6      Tap right heel forward, Step right next to left, Tap left heel forward  
&7-8      Step left next to right, Tap right heel forward, HOLD

## **S5: SIDE TOUCH, SIDE TOUCH, HEEL & HEEL & HEEL, HOLD**

1-2-3-4      Step right to right side, Touch left next to right, Step left to left side, Touch right next to left  
5&6      Tap right heel forward, Step right next to left, Tap left heel forward  
&7-8      Step left next to right, Tap right heel forward, HOLD

## **S6: JAZZ ¼ FWD, JAZZ ¼ CROSS**

1-2-3-4      Cross right over left, ¼ right stepping back on left, Step right to right side, Step forward on left  
5-6-7-8      Cross right over left, ¼ right stepping back on left, Step right to right side, Cross left over right

## **S7: VINE RIGHT CROSS, CHASSE, ROCK BACK**

1-2-3-4      Step right to right side, Cross left behind right, Step right to right side, Cross left over right  
5&6      Step right to right side, Step left next to right, Step right to right side  
7-8      Rock back on left, Recover on right

## **S8: VINE LEFT CROSS, CHASSE, ROCK BACK**

1-2-3-4      Step left to left side, Cross right behind left, Step left to left side, Cross right over left  
5&6      Step left to left side, Step right next to left, Step left to left side  
7-8      Rock back on right, Recover on left

**RESTART: Wall 5 after 16 counts [12.00]**