

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]