

# Mountains

拍數: 64      牆數: 4      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - September 2024  
音樂: 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](mailto: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)**

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