

Ain't No Mountain

COPPER KNOB
STEPSHETS

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音樂: Ain't No Mountain High Enough - Michael McDonald



Part A

Set 1 Rock

Forward, Rock

Back, ?turn

Right, ?Turn

Right, Heel

Taps

1-4 Rock

forward on R,
rock back on L,
turn ?R

stepping on R,
turn ?R

stepping back
on L (weight is
on L)

5-8 Tap R heel
four times with
weight ending
on R while
raising R hand
as it is extended
forward
upwards from
side

Set 2 Heel

Taps, ?Turn

Left With Point,

?Turn Right

With Point,

?Turn Left

1-4 Tap L heel
four times with
weight ending
forward on L
while lowering R
hand

5-6 Make a
?turn L as you
point R toe to R
side and extend
arms out to
sides, step
down on R
lowering arms

7-8 Make a
?turn R as you
point L toe to L
side and extend
arms out to
sides, step
down on L as
you turn ?L
lowering arms

**Set 3 ?Turn Left
Walking Back
R, L, R, Touch,
?Turn L**

1-4 Pivot ?turn
L on L foot as
you walk back
R, L, R touch L
forward

5-8 Turn ?L by
turning ?L on L,
turn ?L stepping
back on R, turn
?L stepping L to
L side, touch R
next to L

**Set 4 Side,
Hold, Side,
Hold, Rock
Forward, Rock
Back, ?Turn L,
Shuffle**

1-2 Step R to R
side, hold

&3-4 Step L
next to R, step
R to R side,
hold (weight
ends on R)

5-6 Rock
forward on L,
rock back on R

7&8 Make a
?turn L as you
shuffle forward
L, R, L

**Set 5 ?Turn
Right Monterey
Turn, ?Turn
Right Monterey
Turn**

1-2 Point R to R
side, make a
?turn R as you
bring R next to
L (weight ends
on R)

3-4 Point L to L
side, step L next
to R (weight
ends on L)
5-8 Repeat
steps 1-4
above

Note: You will
be traveling
slightly back as
you execute the
monterey turns

**Set 6 Rock
Forward, Rock
Back, ?Turn R,
Shuffle, Full
Turn R Paddle
Turns**

1-2 Rock
forward on R,
rock back on L
3&4 Make a
?turn R as you
shuffle forward
R, L, R
5&6&7&8 Make
a full turn R as
you pivot on ball
of R and paddle
into ?turns R,
pointing L to L
side each time
you make a
?turn R (you will
have made a
full turn R),
stepping down
on L on count 8
(weight ends on
L)

Part B

**Set 1 Vine
Right, Touch,
Step, Touch,
Step, Touch
(With Snaps)**

1-4 Step R to R side, step L behind R, step R to R side, touch L at slight L angle (L knee is slightly raised, you will be looking at a L angle as you cross hands and snap fingers)

5-8 Step down on L as you face forward, touch R at slight R angle (R knee slightly raised, you will be looking at a R angle, uncross hands and snap outwards and slightly upwards), step down on R as you face forward, touch L at slight L angle (L knee is slightly raised, you will be looking at a L angle as you cross hands and snap fingers)

Set 2 Vine Left, Lean Left

1-4 Step L to L side, step R behind L, step L to L side, cross R over L

5-8 Step L to L side, either tap L heel four times or move shoulders up and down as you lean onto L foot (weight on L)

**Set 3 Jazz
Square, ?Turn
Right, Step
Lock Forward,
?Turn Right
Shuffle Back**

1-4 Cross R
over L, step
slightly back on
L, turn ?R
stepping
forward on R,
step L next to R
(weight ends on
L)

5&6 Step lock
forward R, L, R

7&8 Make a
?turn R and
shuffle back L,
R, L

**Set 4 ?Turn
Right, Step
Right Out To
Right Side, Step
Left Out To Left
Side, Hold,
Step, Cross,
?Turn R Heel
Bounces or
Twists to Right**

1-2 Make a
?turn R as you
step R out to R
side, step L out
to L side (weight
ends on L)

3&4 Hold, step
R slightly back
for ??count,
cross L over R
(weight ends on
L)

5-8 Twist or
bounce heels
into a ?turn R
with weight
ending on L

Note: You will dance part B three times. At the end of part B, you will be facing the back wall. You will dance Part A all the way through. Then dance Part B three more times before doing the ending : just do the first 8 counts of Part A and then continue to turn side to side, snapping your fingers with arms crossed and then uncrossed.
