

Ain't No Mountain

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數:
編舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音樂: Ain't No Mountain High Enough - Michael McDonald



Sequence: A, B, B, B, A, B, B, B

PART A

ROCK FORWARD, ROCK BACK, ½ TURN RIGHT, ½ TURN RIGHT, HEEL TAPS

- 1-4 Rock forward on right, rock back on left, turn ½ right stepping on right, turn ½ right stepping back on left (weight is on left)
- 5-8 Tap right heel four times with weight ending on right while raising right hand as it is extended forward upwards from side

HEEL TAPS, ¼ TURN LEFT WITH POINT, ½ TURN RIGHT WITH POINT, ¼ TURN LEFT

- 1-4 Tap left heel four times with weight ending forward on left while lowering right hand
- 5-6 Make a ¼ turn left as you point right toe to right side and extend arms out to sides, step down on right lowering arms
- 7-8 Make a ½ turn right as you point left toe to left side and extend arms out to sides, step down on left as you turn ¼ left lowering arms

¼ TURN LEFT WALKING BACK RIGHT, LEFT, RIGHT, TOUCH, ¾ TURN LEFT

- 1-4 Pivot ¼ turn left on left foot as you walk back right, left, right touch left forward
- 5-8 Turn ¾ left by turning ¼ left on left, turn ¼ left stepping back on right, turn ¼ left stepping left to left side, touch right next to left

SIDE, HOLD, SIDE, HOLD, ROCK FORWARD, ROCK BACK, ½ TURN LEFT, SHUFFLE

- 1-2 Step right to right side, hold
- &3-4 Step left next to right, step right to right side, hold (weight ends on right)
- 5-6 Rock forward on left, rock back on right
- 7&8 Make a ½ turn left as you shuffle forward left, right, left

½ TURN RIGHT MONTEREY TURN, ½ TURN RIGHT MONTEREY TURN

- 1-2 Point right to right side, make a ½ turn right as you bring right next to left (weight ends on right)
- 3-4 Point left to left side, step left next to right (weight ends on left)
- 5-8 Repeat steps 1-4 above

You will be traveling slightly back as you execute the Monterey turns

ROCK FORWARD, ROCK BACK, ½ TURN RIGHT, SHUFFLE, FULL TURN RIGHT PADDLE TURNS

- 1-2 Rock forward on right, rock back on left
- 3&4 Make a ½ turn right as you shuffle forward right, left, right
- 5&6&7&8 Make a full turn right as you pivot on ball of right and paddle into ¼ turns right, pointing left to left side each time you make a ¼ turn right (you will have made a full turn right), stepping down on left on count 8 (weight ends on left)

PART B

VINE RIGHT, TOUCH, STEP, TOUCH, STEP, TOUCH (WITH SNAPS)

- 1-4 Step right to right side, step left behind right, step right to right side, touch left at slight left angle

Left knee is slightly raised, you will be looking at a left angle as you cross hands and snap fingers

- 5-6 Step down on left as you face forward, touch right at slight right angle

Right knee slightly raised. You will be looking at a right angle. Uncross hands and snap outwards and slightly

upwards

7-8 Step down on right as you face forward, touch left at slight left angle
Left knee is slightly raised. you will be looking at a left angle as you cross hands and snap fingers

VINE LEFT, LEAN LEFT

1-4 Step left to left side, step right behind left, step left to left side, cross right over left
5-8 Step left to left side, either tap left heel four times or move shoulders up and down as you lean onto left foot (weight on left)

JAZZ SQUARE, ¼ TURN RIGHT, STEP LOCK FORWARD, ½ TURN RIGHT SHUFFLE BACK

1-4 Cross right over left, step slightly back on left, turn ¼ right stepping forward on right, step left next to right (weight ends on left)
5&6 Step lock forward right, left, right
7&8 Make a ½ turn right and shuffle back left, right, left

¼ TURN RIGHT, STEP RIGHT OUT TO RIGHT SIDE, STEP LEFT OUT TO LEFT SIDE, HOLD, STEP, CROSS, ½ TURN RIGHT HEEL BOUNCES OR TWISTS TO RIGHT

1-2 Make a ¼ turn right as you step right out to right side, step left out to left side (weight ends on left)
3&4 Hold, step right slightly back for "&" count, cross left over right (weight ends on left)
5-8 Twist or bounce heels into a ½ turn right with weight ending on left

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
