

Mountain High

COPPERKNOB
STEPSHEETS

Count: 40

Wall: 1

Level: Beginner

Choreographer: James Owens (USA) & ShaWana Moore (USA) - July 2025

Music: Ain't No Mountain High Enough - Marvin Gaye & Tammi Terrell



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 16 COUNTS

KICK BALL CHANGE, OUT, IN

1&2 3 4 Kick right foot, stomp on right foot, step on left foot, point left foot to left, place left foot by right

5&6 7 8 Kick left foot, stomp on left foot, step on right foot, point right foot to right, place right foot by left

BACK WALKING STEP POINTS

1 2 3 4 Point right foot out, step back on right, point left out, step back on left

5 6 7 8 Point right foot out and back, step on left, point left out and back, step on right

REPEAT ALL OF PART 1

PART 2: 16 COUNTS

FORWARD CHA CHA, ROCK FORWARD, RECOVER, BACK HOOD WALKS

1&2 3 4 Cha cha forward right, left, right, rock forward on left, recover on right

5 6 Step back on left for 5 leaving right forward/bounce

7 – 16 Step back on right for 7 leaving left forward/bouncing

PART 3: 8 COUNTS

HEELS, JAZZ BOX

1 2 3 4 Tap right foot forward, recover, tap left foot forward, recover

5 6 7 8 Cross right foot in front of left, step back on left, step on right, step left together

REPEAT ALL OF PART 3

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com