

Into The Mountains

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Sebastiaan Holtland (NL) - September 2018

Musique: Mountain - Jonathan Jeremiah : (Single - iTunes)



Introduction: 16 counts, start on approx. 13 sec.

Part 1. [1-8] Step R Fwd with Touch Behind, Replace, Step L Fwd with Touch Behind, Back with Sweep L, Weave R, Recover with ¼ Turn L, Runs Fwd L, R, L.

- 1&2& Step R fwd (1), Touch L behind R (&), Step L back in place (2), Step R beside L (&).
- 3&4 Step L fwd (3), Touch R behind L (&), Step R back and sweep L from front to back (4).
- 5&6 Step L behind R (5), Step R to R (&), Step L across R (6).
- 7&8& Recover back onto R with ¼ turn L (9.00) (7), Stepping L fwd (&), Stepping R fwd (8), Stepping L fwd (&).

PART 2. [9-16] Basic Nightclub R with ¼ Turn L, Step L Fwd with Heel Flick R, Step R Fwd with Heel Flick L, Step R Fwd with Heel Flick L, Replace, Coaster Step L.

- 1,2& Make ¼ turn L (6.00) step R to R drag L (1), Step L beside R (2), Step R across L (&).
- 3&4& Make ¼ turn L (3.00) step L fwd (3), Flick R heel up (&), Step R fwd (4), Flick L heel up (&).
- 5&6 Step L fwd (5), Flick R heel up (&), Step R back in place (6).
- 7&8 Step L back (7), Step R beside L, Step L fwd (8).

(NB: Tag here in WALL 5 after 16 counts, after start again (facing 3 o'clock).

PART 3. [17-24] Syncopated Heel Grind R Replace with Knee Pop R Fwd, Together, Syncopated Points L, R, Knee Lift R, Slide to R, Hold, & Cross, Step L Fwd with ¼ Turn L.

- 1&2& Grinding R heel forward (1), Step R back in place (&), Recover back onto L and pop R knee fwd (2), Step R beside L (&).
- 3&4& Point L out to L (3), Step L beside R (&), Point R out to R (4), Lift R knee up (&).
- 5,6 Step R big to R and slide L towards R (5), Hold (6).
- &7,8 Step L beside R (&), Step R across L (7), Make ¼ turn L (12.00) step L fwd (8).

PART 4. [25-32] ¼ Diamond to R with Sweep L, Syncopated Hip Bumps R, L, R, L Side Together Fwd.

- 1&2 Step R across L (1), Make 1/8 turn R (1.30) step L to L (&), Step R back and sweep L from front to back (2).
- 3&4 Step L behind R (3), Make 1/8 turn R (3.00) step R to R (&), Step L fwd (4).
- 5&6 Step R to R and bump R hip to R (5), Bump L hip to L (&), Bump R hip to R (6).
- 7&8 Step L to L (7), Step R beside L (&), Step L fwd (8).

TAG: Wall 5 after 16 counts

- 1-2 Hip Bumps R, L.
- 1,2 Step R to R bump R hip to R (1), Bump L hip to L (2).

REPEAT DANCE AND HAVE FUN!!

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