

# Ain't No Mountain

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Karl-Harry Winson (UK) - April 2024  
音乐: Ain't No Mountain High Enough - Cascada



Intro: 16 Counts (8 Seconds).

**Right V Step. Forward Step. Heel Bounces X3 (turning 1/4 Left).**

1 – 2      Step forward and out on Right. Step forward and out on Left.

**Optional Arm Movements for Counts 1 – 2: Push both hands up into the air as you step forward R - L**

3 – 4      Step back on Right. Step Left beside Right.

5      Step forward on Right.

6 – 8      Bounce both heels 3 times as you turn 1/4 turn Left.

**\*\*Restart 3 happens here on Wall 11 (facing 3.00)**

**Right Jazz Box-Cross. Side Touches X2.**

1 – 4      Cross Right over Left. Step Left back. Step Right to Right side. Cross Left over Right.

5 – 6      Step Right to Right side (raise both arms up). Touch Left toe behind Right (bring arms back down)

7 – 8      Step Left to Left side (raise both arms up). Touch Right toe behind Left (bring arms back down).

**\*Restarts 1&2 happen here on Wall 2 (facing 12.00) and Wall 7 (facing 9.00).**

**Right Grapevine. Touch. Left Grapevine. Touch.**

1 – 3      Step Right to Right side. Cross Left behind Right. Step Right to Right side.

4      Touch Left beside Right.

5 – 7      Step Left to Left side. Cross Right behind Left. Step Left to Left side.

8      Touch Right beside Left. (9.00)

**Turning Option: Rolling Vine Right. Touch. Rolling Vine Left. Touch.**

**Forward Step. 1/2 Turn Right. Back Rock. Heel Switches Forward. Hold/Double Clap.**

1 – 2      Step Right forward (9.00). Turn 1/2 turn Right stepping back on Left (3.00).

3 – 4      Rock Right back. Recover weight on Left (3.00).

5&6      Dig Right heel forward. Step Right beside Left. Dig Left heel forward.

&7      Step Left beside Right. Dig Right heel forward.

&8      Clap hands twice as you hold the Right heel forward (3.00).

**Restarts: To keep this dance in phrase I have included 3 restarts (making it a high beginner level dance).**

**\*Restarts 1&2 happen on Wall 2 (facing 12.00) and Wall 7 (facing 9.00).**

**\*\*Restart 3 happens on Wall 11 (facing 3.00)**

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