

# Ain't No Mountain

**COPPER KNOB**  
STEPSHEETS

拍数: 80      墙数: 2      级数: Intermediate  
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音乐: 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  
them 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.*

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