## Ain＇t No Mountain

拍数： 80
增数： 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 $\mathrm{R}, \mathrm{L}, \mathrm{R}$ 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.

