

Ain't No Mountain

Choreographed by Doug & Jackie Miranda

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Description: 2 Wall Phrased line dance: A - 48 counts, B - 32 counts. Sequence: A, B, B, B, A, B, B, B

Dance starts after first 16 counts

Music: "Ain't No Mountain High Enough" by Michael McDonald

Counts-Step Description

Part A

Set 1 Rock Forward, Rock Back, ½ turn Right, ½ Turn Right, Heel Taps

1-4 Rock forward on R, rock back on L, turn ½ R stepping on R, turn ½ 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, ¼ Turn Left With Point, ½ Turn Right With Point, ¼ Turn Left

1-4 Step forward on left and tap L heel four times with weight ending forward on L while lowering R hand

5-6 Make a ¼ 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 ½ turn R as you point L toe to L side and extend arms out to sides, step down on L as you turn ¼ L lowering arms

Set 3 ¼ Turn Left Walking Back R, L, R, Touch, ¾ Turn L

1-4 Pivot ¼ turn L on L foot as you walk back R, L, R touch L forward

5-8 Turn ¾ L by turning ¼ L on L, turn ¼ L stepping back on R, turn ¼ L stepping L to L side, touch R next to L

Set 4 Side, Hold, Side, Hold, Rock Forward, Rock Back, ½ 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 ½ turn L as you shuffle forward L, R, L

Set 5 ½ Turn Right Monterey Turn, ½ Turn Right Monterey Turn

1-2 Point R to R side, make a ½ 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 toward the 6:00 wall from where you started as you execute the Monterey turns

Set 6 Rock Forward, Rock Back, ½ Turn R, Shuffle, Full Turn R Paddle Turns

1-2 Rock forward on R, rock back on L

3&4 Make a ½ 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 ¼ turns R, pointing L to L side each time you make a ¼ turn R (you will have made a full turn R), stepping down on L on count 8 (weight ends on L)

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Ain't No Mountain (continued)

Counts-Step Description

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, ¼ Turn Right, Step Lock Forward, ½ Turn Right Shuffle Back

- 1-4 Cross R over L, step slightly back on L, turn ¼ 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 ½ turn R and shuffle back L, R, L

Set 4 ¼ Turn Right, Step Right Out To Right Side, Step Left Out To Left Side, Hold, Step, Cross, ½ Turn R Heel Bounces or Twists to Right

- 1-2 Make a ¼ 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 ½ turn R with weight ending on L

Note: You will dance part B three times. At the 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 B and then continue to turn side to side, snapping your fingers with arms crossed and then uncrossed.