

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida; WWW.swivelfeet.se

Mountains To The Sea

Count: 64 Wall: 2 Level: High Beginner

Choreographer: Maggie Gallagher (Nov. 2015)

Music: Mountains to the Sea by Mary Black feat. Imelda May (Amazon)

Intro: 8 count (4 secs)



Actual footwork

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Section 1	Rock Fwd, Rock Back, Rock Fwd, Shuffle Back
1 - 4	Rock forward on right, Recover on left, Rock back on right, Recover on left
5 - 6	Rock forward on right, Recover on left
7 & 8	Step back on right, Step left next to right, Step back on right
Section 2	Rock Back, Rock Fwd, Rock Back, Shuffle Fwd
1 - 4	Rock back on left, Recover on right, Rock forward on left, Recover on right
5 - 6	Rock back on left, Recover on right
7 & 8	Step forward on left, Step right next to left, Step forward on left *Restart Wall 5 [12.00]
Section 3	Side Rock, Cross Shuffle, Side Rock, Cross Shuffle
1 - 2	Rock right to right side, Recover on left
3 & 4	Cross right over left, Step left to left side, Cross right over left
5 - 6	Rock left to left side, Recover on right
7 & 8	Cross left over right, Step right to right side, Cross left over right
Section 4	Side Touch, Side Touch, Heel & Heel & Heel, Hold
1 - 4	Step right to right side, Touch left next to right, Step left to left side, Touch right next to left
5 & 6	Tap right heel forward, Step right next to left, Tap left heel forward
& 7 - 8	Step left next to right, Tap right heel forward, HOLD
Section 5	Side Touch, Side Touch, Heel & Heel & Heel, Hold
1 - 4	Step right to right side, Touch left next to right, Step left to left side, Touch right next to left
5 & 6	Tap right heel forward, Step right next to left, Tap left heel forward
& 7 - 8	Step left next to right, Tap right heel forward, HOLD
Section 6	Jazz ¼ Fwd, Jazz ¼ Cross
1 - 4	Cross right over left, ¼ right stepping back on left, Step right to right side, Step forward on left
5 - 8	Cross right over left, ¼ right stepping back on left, Step right to right side, Cross left over right
Section 7	Vine Right Cross, Chasse, Rock Back
1 - 4	Step right to right side, Cross left behind right, Step right to right side, Cross left over right
5 & 6	Step right to right side, Step left next to right, Step right to right side
7 - 8	Rock back on left, Recover on right
Section 8	Vine Left Cross, Chasse, Rock Back
1 - 4	Step left to left side, Cross right behind left, Step left to left side, Cross right over left
5 & 6	Step left to left side, Step right next to left, Step left to left side
7 - 8	Rock back on right, Recover on left

RESTART: Wall 5 after 16 counts [12.00]