

Foot of The Mountain

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Count: 48 **Wall:** 2 **Level:** Improver

Choreographer: Sadiah Heggernes (NOR) July '09

Music: 'Foot Of The Mountain' , A-Ha - CD 'Foot Of The Mountain' (130 bpm)

32 Count Intro - Start on Vocals

Section 1: Step, Sweep, Cross Shuffle $\frac{1}{4}$ Turn, Forward Struts

1-2 Step forward on right. Sweep left out and in front of right

3&4 Cross left over right. Step right to side. Cross left over right

5-6 $\frac{1}{4}$ turn right. Touch right toes forward. Step down on right heel 3:00

7-8 Touch left toes forward. Step down on left heel

Section 2: Step, Touch, Coaster Step, Side, Touch, $\frac{1}{4}$ Turn Side, Touch

1-2 Step forward right. Touch left beside right

3&4 Step back on left. Step right beside left. Step forward on left

5-6 Step right to side. Touch left beside right.

7-8 $\frac{1}{4}$ turn left step left to side. Touch right beside left 12:00

Restart here during wall 4 (facing 6:00)

Dance to the end of Section 2 and start dance from beginning

Section 3: Step, Lock, Shuffle Forward, Rock Forward, $\frac{1}{4}$ Turn, Side, Together

1-2 Step forward on right. Lock left behind right.

3&4 Step forward on right. Close left beside right. Step forward on right

5-6 Rock forward on left. Rock back onto right

7-8 $\frac{1}{4}$ turn left stepping left to left side. Step right beside left (no weight) 9:00

Section 4: Step, Touch, Coaster , Side, Touch, $\frac{1}{4}$ Turn Side, Touch

1-2 Step forward left. Touch right beside left

3&4 Step back on right. Step left beside right. Step forward on right

5-6 Step left to side. Touch right beside left

7-8 $\frac{1}{4}$ turn left step right to side. Touch left beside right 6:00

Section 5: Rock Forward, $\frac{3}{4}$ Turn, Step, $\frac{1}{2}$ Pivot, Step, $\frac{1}{4}$ Pivot

1-2 Rock forward on left. Rock back onto right

3&4 $\frac{3}{4}$ turn left stepping left-right-left 9:00

5-6 Step forward on right. Pivot $\frac{1}{2}$ turn left (weight ends on) 3:00

7-8 Step forward on right. Pivot $\frac{1}{4}$ turn left (weight ends on) 12:00

Section 6: Step, Point, Sailor, $\frac{1}{2}$ Pivot, Brush

1-2 Step forward right. Point left to left side

3&4 Cross left behind right. Step right to side. Step left in place

5-6 Step forward on right. $\frac{1}{2}$ turn left keeping (weight ends on left) 6:00

7-8 Brush right beside left. Brush right across left

Ending: Dance up to Section 1 (facing 9:00) Step forward on right. $\frac{3}{4}$ turn left to face 12:00