

# 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)

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## Intro: 8 count (4 secs)

### **S1: ROCK FWD, ROCK BACK, ROCK FWD, SHUFFLE BACK**

1-2-3-4      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

### **S2: ROCK BACK, ROCK FWD, ROCK BACK, SHUFFLE FWD**

1-2-3-4      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]

### **S3: 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

### **S4: SIDE TOUCH, SIDE TOUCH, HEEL & HEEL & HEEL, HOLD**

1-2-3-4      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

### **S5: SIDE TOUCH, SIDE TOUCH, HEEL & HEEL & HEEL, HOLD**

1-2-3-4      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

### **S6: JAZZ ¼ FWD, JAZZ ¼ CROSS**

1-2-3-4      Cross right over left, ¼ right stepping back on left, Step right to right side, Step forward on left

5-6-7-8     Cross right over left, ¼ right stepping back on left, Step right to right side, Cross left over right

### **S7: VINE RIGHT CROSS, CHASSE, ROCK BACK**

1-2-3-4      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

**S8: VINE LEFT CROSS, CHASSE, ROCK BACK**

1-2-3-4 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]**