

Ain't No Mountain

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MUSIC: Ain't No Mountain High Enough (Marvin Gaye & Tammi Terrell)
RHYTHM: Jive (Slow music as needed.)
PHASE (+): Phase III + 1 (Sailor Shuffles)
FOOTWORK: Opposite unless indicated [*W's footwork in square brackets*]
SEQUENCE: INTRODUCTION A BRIDGE B A B INTERLUDE C B B ENDING

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Introduction

1 – 8 Wait Pickup Notes and Two Measures; ; Wheel 4 Triples; ;

- 1 - 2 Wait Right Shoulder to Right Shoulder Man facing WALL with lead feet free for two measures; ;
3 - 4 [**Wheel 4 Triples (1&2 3&4 1&2 3&4)**] Forward triples L / R, L, R / L, R; L / R, L, R / L, R making one full RF circle to end in SCP LOD;
[W: Forward triples R / L, R, L / R, L; R / L, R, L / R, L making one full RF circle to end in SCP LOD;]

Part A

1 – 13 Point Step Twice; Rock, Recover, Point Step; Point, Step, Change Right to Left; ; Change Left to Right; -, - Jive Walks; ; Vine 4;

- 1 [**Point Step Twice (1234)**] Point forward L, forward L small step, point forward R, forward R small step;
2 – 3 [**Rock, Recover, Point Step Twice (12 3&4; 1&2)**] Fallaway rock L, recover R, Point forward L, forward L small step; Point forward R, forward R small step,
3 – 4 [**Change Right to Left (34; 1&2 3&4)**] Fallaway rock L, recover R; Chasse L / R, L raising joined lead hands, turning 1/4 LF to face LOD chasse R / L, R allowing Woman to turn under joined lead hands to end in LOP-FCG facing LOD,
[W: Fallaway rock R, recover L; Chasse R / L, R moving LOD then turning under joined lead hands spin 3/4 RF on ball R to face RLOD, chasse side and back L, R, L continue RF turn to end in LOP-FCG facing RLOD,]
5 – 6 [**Change Left to Right (12 3&4; 1&2)**] Rock apart L, recover R, turning 1/4 RF to face WALL chasse L / R, L raising joined lead hands allowing Woman to turn under joined hands; Chasse R / L, R to end in SCP LOD;
[W: Rock apart R, recover L then spin 1/4 LF under joined lead hands to face WALL, chasse R / L, R then spin 1/2 LF under joined lead hands; Chasse L / R, L blending to SCP LOD;]
6 – 7 [**Jive Walks (34; 1&2 3&4)**] Fallaway rock L, recover R; Forward triple moving down LOD L / R, L, R / L R;
8 [**Vine 4 (1234)**] Moving LOD side L to face Partner, XRib, side L, thru R in SCP;

Bridge

1 – 4 Throwaway; Rock Apart, Recover, Kick, Ball Change; Change Left to Right; -, -, Rock, Recover;

- 1 [**Throwaway (1&2 3&4)**] Releasing R hand from Woman's back forward triple L / R, L turning to face LOD, chase R / L, R to end in LOP-FCG;
[W: Forward triple R, / L, R then spin LF 1/2 on ball of R turning to face RLOD, chasse side and back L / R, L;]
2 [**Rock Apart, Recover, Kick, Ball Change (123&4)**] Rock apart L, recover R, kick forward L, take weight on ball of L / replace weight R still in LOP-FCG;
3 – 4 **Repeat the action from Measure 5 – 6 of Part A;**
4 [**Rock, Recover (34)**] Blending to SCP rock back L, recover R to end in SCP LOD;

Part B

- 1 – 8 Four Turning Triples; ; Left Turning Fallaway; - -, Jive Walks; ; Side Close Twice; Four Sailor Shuffles; ;**
- 1 – 2 [Four Turning Triples (1&2 3&4; 1&2 3&4)] Blending to CP turning triples L / R, L, R / L, R twice to end in SCP facing RLOD turning 1/2 on the first three and side with no turn on the last; ;
- 3 – 4 [Left Turning Fallaway (12 3&4; 1&2)] Fallaway rock L, recover R, forward triple L / R, L turning 1/4 LF; Continue LF turn 1/4 triple back R / L, R to end in SCP facing LOD
- 4 – 5 [Jive Walks (34; 1&2 3&4)] Fallaway rock L, recover R; Forward triple moving down LOD L / R, L, R / L R;
- 6 [Side Close Twice (1234)] Turning to face side L, close R, side L, close R blending to Low Butterfly WALL;
- 7 – 8 Four Sailor Shuffles (1&2 3&4; 1&2 3&4)] XLib / side R, side L, XRib / side L, side R; Repeat;

Repeat Part A

Repeat Part B

Interlude

- 1 - 4 Circle Away and Together 4 Triples; ; Wheel 4 Triples; ; (End in Butterfly WALL)**
- 1 – 2 [Circle Away and Together 4 Triples (1&2 3&4 1&2 3&4)] Turning LF one full circle forward triple L / R, L, R / L, R; L / R, L, R / L, R to end right shoulder to right shoulder Man facing WALL;
[W: Turning RF one full circle forward triple R / L, R, L / R, L; R / L, R, L / R, L to end right shoulder to right shoulder facing COH;]
- 3 – 4 Repeat the action from Measures 3 and 4 of the Introduction.

Part C

- 1 – 8 Progressive Rock; Rock, Recover, Wrap 2 (Face RLOD); Wheel Half in 4; Progressive Rock Blending to Butterfly; Sliding Doors; ; Circle Away 4; Skip Together 4;**
- 1 [Progressive Rock (1234)] Rock apart L, recover R twice progressing down LOD;
- 2 [Rock, Recover, Wrap 2 (Face RLOD) (1234)] Rock apart L, recover R, raising joined lead hands forward L, forward R small step turning to face RLOD and allowing Woman to wrap under joined lead hands to end in Wrap Position facing RLOD;
[W: Rock apart R, recover L commence LF turn, forward L turning LF under joined lead hands, close R to end in Wrap Position facing RLOD;]
- 3 [Wheel Half in 4 (1234)] Forward L, R, L, R turning RF to end in Wrap Position LOD;
[W: Back R, L, R, L turning RF to end in Wrap Position LOD;]
- 4 [Progressive Rock Blending to Butterfly (1234)] Dropping trail hands rock apart L, recover R twice progressing down LOD to end in Butterfly WALL;
[W: Dropping trail hands and turning slightly LF to face Man and COH rock apart R, recover L twice progressing down LOD to end in Butterfly;]
- 5 – 6 [Sliding Doors (12 3&4; 12 3&4)] Turning to Open Position facing LOD rock apart L, recover R, XLif / side R, XLif passing behind Woman to end in Left Open Position facing LOD; Rock apart R, recover L, XRif / side L, XRif passing behind Woman to end in Open Position facing LOD, -;
- 7 [Circle Away 4 (1234)] Turning LF forward L, R, L, R to end about 2 meters apart and facing;
- 8 [Skip Together 4 (1&2&3&4&)] Skip together 4 L, R, L, R to end in Butterfly WALL;

9 – 16 Throwaway; Rock, Recover, Kick, Ball Change; Change Hands Behind the Back; -, -, Change Left to Right (Face COH); ; Change Hands Behind the Back to Butterfly; -, -, Fallaway Rock, Recover; Vine 4;

9 – 10 **Repeat the action from measures 1 and 2 of Bridge.**

11 – 12 [**Change Hands Behind the Back (12 3&4; 1&2)**] Rock apart L, recover R, placing Woman's R hand in your right hand triple forward L / R, L turning LF 1/4 to face COH and bending right elbow so that joined right hands can touch the small of the Man's back; Transferring Woman's right hand to Man's left hand behind his back continue LF turn chasse R / L, R to end LOP-FCG facing RLOD,
[W: Rock apart R, recover L, forward triple R / L, R moving behind the Man's back and facing the Man's back; Chasse curving RF L / R, L to end in LOP-FCG facing LOD,]

12 – 13 [**Change Left to Right (34; 1&2 3&4)**] Rock apart L, recover R; Turning 1/4 RF to face COH chasse L / R, L raising joined lead hands allowing Woman to turn under joined hands; Chasse R / L, R to end in LOP-FCG facing COH;

[W: Rock apart R, recover L then spin 1/4 LF under joined lead hands to face COH; Chasse R / L, R then spin 1/2 LF under joined lead hands, chasse L / R, L to end in LOP-FCG;]

14 – 15 **Repeat the action from measures 11 and 12 of Part C to end in Butterfly facing WALL.**

15 [**Fallaway Rock, Recover (34)**] Remaining in Butterfly turn to face LOD and rock back L, recover R;
[W: Remaining in Butterfly turn to face LOD and rock back R, recover L;]

16 [**Vine 4 (1234)**] Turning to face Partner and WALL side L, R Xib, side L, R Xif;

Repeat Part B

Repeat Part B

Ending

1 Apart Point.