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E-mail: admin@linedancerweb.com

Ain't No Mountain High Enough

32 Count, 4 Wall, Beginner

Choreographer: Vera Yan (CA) Apr 2017

Choreographed to: Ain't No Mountain High Enough by
Freischwimmer, ft. Dionne Bromfield

Start after 48 count intro

Notes: No Tags, No Restarts

Section 1 Walk fwd. Kick. Walk back. Touch.

1 2 3 4 Walk fwd R (R, L, R). Kick L fwd.

5 6 7 8 Walk back L (L, R, L). Touch R beside L.

Section 2 Step Touches. Step Side/Shimmy. Touch. X 2

1 2 3 4 Step R to R side. Touch L beside R. Step L to L side. Touch R beside L.

5 6 7 8 Shimmy R for 3 counts. Touch L beside R.

Section 3 Step Touches. Step Side/Shimmy. Touch. X 2

1 2 3 4 Step L to L side. Touch R beside L. Step R to R side. Touch L beside R.

5 6 7 8 Shimmy L for 3 counts. Touch R beside L.

Section 4 Step Touches. Turn $\frac{1}{4}$. Step Touches. Turn $\frac{1}{2}$.

1 2 3 4 Step R fwd. Turn $\frac{1}{4}$ L. Touch L beside R. Step L to L side. Turn $\frac{1}{2}$ L. Touch R beside L.

5 6 7 8 Step R. Touch L beside R. Step L to L side. Touch R beside L.

Option for counts 25-32: Walk R, L, R, L with holds while making a $\frac{3}{4}$ turning left

1 2 3 4 **Walk R. Hold. Walk L. Hold.**

5 6 7 8 **Walk R. Hold. Walk L. Hold.**

Restart