

I'M ALWAYS ON A MOUNTAIN

CHOREO: Betty Skillett & Ray Terrell
ADDRESS: 1705 Hammond Dr., Emporia, KS 66801
MUSIC: I'm Always on a Mountain When I Fall
Merle Haggard
DOWNLOAD: Amazon
FOOTWORK: Opposite unless noted in parentheses
SEQUENCE: INTRO-A-B-A-B(MOD)-END

EMAIL: betty_skillett@yahoo.com
RHYTHM: Rumba
RAL PHASE: IV + 1 + 1[Cuddles]
[Rumba Umbrella Turns]
DIFFICULTY: Average
SUG. SPEED: 104%
REL. DATE – April, 2016
TIME @ 100% 2:42

MEAS

INTRO

- 1 – 4 [BFLY] Wait 2 Meas;; Shoulder to Shoulder 2X;;**
[BFLY] Wait 2 meas;;
{shldr to shldr} Rk Fwd L, rec R to fc, Sd L,-; Rk Fwd R, rec L to fc, Sd R,-;

PART A

- 1 – 4 Basic;; Crab Walks [RLOD];;**
{bas} Fwd L, rec R, Sd L,-; Bk R, Rec L; Sd R,-;
{crb wlk} RLOD XLIFR, sd R,XLIFR,-; Sd R, XLIFR, sd R,-;
- 5 – 8 Spot Turn; Fence Line; Op Break; Whip [BFLY/COH];**
{spt trn} Fwd L trng ½ RF, rec R, Sd L,-;
{fnc line} X lunge R, rec L, sd R, -;
{op brk} Rock apt L, rec R, sd L, -;
{whp} Bk R comm ¼ LF trn, rec fwd L trng ¼ to comp trn, sd R, -
(W Fwd L, fwd R trng ½ LF, sd L, -) to BFLY COH;
- 9 – 12 Alemana;; Lariet;;**
{alemana} Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-
(W fwd LIFR trn RF,cont trn fwd R to fc M, sd L,-);
{lariat} Sip L, R, L,- (W circ M CW R, L, R,-); Sip R, L, R,-(W cont arnd M L,R, sd L to Fc M,-);
- 13 – 16 Op Break; Whip [CUDDLE POS]; Cuddle 2X;;**
{op brk} Repeat Part A meas 7;
{whp} Repeat Part A meas 8 to CUDDLE POS (W's hnds on M's shldr ~ M's hnds on W's bk);
{cuddles} Sd L Ld W trn RF & rel ld hnds to sweep L arm out to sd, rec R, cl L to R (W swvl ½ RF on L/sd R & sweep R arm out to sd, rec L trng ¼ LF, sm fwd R in frnt of M trning ¼ LF) to CUDDLE POS,-; Sd R leading W to trn LF & sweep R arm out to sd, rec L, cl R to L (W swvl ½ LF on R/sd L & sweep L arm out to sd, rec R trng ¼ RF, sm fwd L in frnt of M trng ¼ RF to fc M)-;

PART B

- 1 – 6 Alemana to a L Hand Star [FC/RLOD];; Umbrella Turns [WALL];;;**
{alemana} Fwd L, rec R, cl L, -; Bk R, rec L, sd R, - (W L trng ½ RF under joined ld hands, fwd R cont trng 3/8 RF to fc ptr, sd L) to a L hnd star with man,- FC/RLOD;
{umbrella trns} L hnd star fwd L (W bk R), rec R, bk L,- (W trns LF 1/2 fwd L/cl R); Bk R (W bk L), rec L, fwd R,-; (W trns RF 1/2 fwd R/cl L,-): rpt meas 1-2 of fig,-end fcg ptr,,;

7 – 10 Flirt to a Fan;; Hockey Stick;;

{flirt} Fwd L, rec R, sm sd L,- (W bk R,rec L trng LF,cont trn to R VARS sd and bk R,-);

{fan} Bk R, rec L, sd R,- (W bk L, fwd R, sd L moving in front of the man turning 1/4 RF, leaving R leg extended);

{hky stk} Fwd L, rec R, cl L,- (W cl R, fwd L, fwd R,-); Bk R, rec L, fwd R following W,- (W fwd L,fwd R trng LF to fc M,sd and bk L,-);

11 – 12 Shoulder to Shoulder; Spot Turn;

{shldr to shldr} Fwd L (W bk R),rec R, sd L,-;

{spt trn} Fwd R trng ½ LF, rec L, Sd R,-;

REPEAT PART A

PART B MOD

1 – 6 Alamana to a L Hand Star [RLOD];; Umbrella Turns [WALL];;;;

1-6 Repeat Part B 1-6;;;;;

7 – 10 Cucaracha Cross 2X;; Circle Away & Tog [BFLY/WALL];;

{cuca cross} Press sd L with partial weight, rec R, XIF L, -;

Press sd R with Partial weight, rec L, XIF R,-;

{circ awy & tog} Trng LF fwd L,cl R,cont trn fwd L,-; Cont trn fwd R ,cl L, cont trn fwd R to fc ptr,- BFLY WALL;

11 – 14 Twirl to a Tamara [BJO WALL]; Wheel 6;; Unwind [BFLY WALL];

{twrl to tamara} keeping ld hnds joined high and trail hnds joined low sip L, R, L , - (W trn RF under lead hnds R, L, R, ending in TAMARA pos) BJO WALL;

{whl} Trng RF fwd R, L, R,-; Cont trn RF fwd L, R, L,-;

{unwind} Ld W LF out of TAMARA R,L,R,- (W trng LF unwinding L,R,L,-) BFLY WALL;

END

1 – 3 Side walk [LOD]; Crab walks [LOD];;

{sd wlk} LOD Sd L, cl R, sd L,-;

{crb wlks} LOD XRIFL, sd L, XRIFL,-; Sd L ,XRIFL, sd L,-;

4 Aida and hold;

{aida} 4 XRIFL trng RF to fc ptr,sd L cont RF trn,bk R to V pos ld hnds jnd, hold-;