

Mountain Song

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RECORD: Song Name: Mountain Song Artist: Ketil Bjørnstad
CD: Casa Musica Presents the Best... Part 17 Vol 36 Time: 3:54 as Downloaded
Download from casa-musica-shop.de Music Modifications: None
FOOTWORK: Woman Opposite unless noted (Women's footwork in Parentheses)
RHYTHM: Waltz Phase 4a DIFFICULTY: Easy
SEQUENCE: Intro, A, A, B, B, A, A, End Released: June 18, 2019

Intro

1-4 Wait 2 Measures ; ; Dip Back ; Maneuver to CP RLOD ;

(1-2) CP DLW - wait ; ;

(3-4) bk L (fwd R) with knee flexed leaving R fwd (W L bk) , - , - ; fwd R beg RF upr bdy trn , cont RF trn sd L , cl R (bk L beg RF upr bdy trn , sd R , cl L) to CP RLOD ;

Part A

1-4 Spin Turn to CP DLW ; Box Finish to CP DLC ; One Left Turn ; Hover Corte ;

(1-2) comm RF upper bdy trn bk L toe pivoting 1/2 RF to fc LOD , fwd R between ptr feet heel to toe cont RF trn keeping L leg extended bk and sd , comp trn sd and bk L (comm RF upper bdy trn fwd R between ptr feet heel to toe pivoting 1/2 RF , bk L toe cont trn brush R to L , comp trn sd and fwd R) ; bk R comm 1/4 LF trn , sd L , cl R ;

(3-4) fwd L comm up to 1/4 LF trn , cont trn up to 1/8 sd R diag across LOD , cl L ; bk R comm LF trn , sd and fwd L with hovering action , rec R to BJO ;

5-8 Back and Chasse to SCAR ; Forward Hover to BJO ; Forward to a Forward Lock Forward ; Maneuver to CP RLOD ;

(5-6) bk L comm RF trn , sd R/cl L , sd R to BJO DRW ; fwd L , fwd and slightly sd R rising to ball of foot , sd and slightly L to BJO DLW ;

(7-8) fwd R , fwd L/XRib of L , fwd L ; fwd R beg RF upr bdy trn , cont RF trn sd L , cl R (bk L beg RF upr bdy trn , sd R , cl L) to CP RLOD ;

9-12 Impetus to SCP DLC ; Through Syncopated Vine ; Weave to SCP DLW ; ;

(9-10) comm RF upper body trn bk L , cl R cont RF heel turn 3/8 , comp trn fwd L (comm RF upper body trn fwd R between M's feet heel to toe pivoting RF 1/2 , sd and fwd L cont RF trn around man brush R to L , comp trn fwd R) to SCP DLC ; thru R , sd L/XRib , sd L ;

(11-12) fwd R DLC , fwd L comm LF trn , cont trn sd and slightly bk R to DRC (fwd L comm LF trn , cont trn sd and slightly bk R , cont trn sd and fwd L) ; bk L to LOD lead ptr to step outside to CBMP , bk R cont LF trn , sd L (fwd R outside ptr to CBMP , fwd L cont trn , sd R) to SCP DLW ;

13-16 Through and Chasse to BJO ; Maneuver to CP RLOD ; Sway Left and Right ; ; [2nd time: Spin Turn to CP DLW ; Box Finish to CP DLC ;] [4th Time: Spin Turn to CP DLW ; Box Finish Blending to CUDDLE DLC ;]

- (13-14) thru R comm trn to fc , sd L/cl R , sd L to BJO ; fwd R beg RF upr bdy trn , cont RF trn sd L , cl R (bk L beg RF upr bdy trn , sd R , cl L) to CP RLOD ;
- (15-16) sd L taking partial wgt stretching left side of body head swaying right , cont xfer wgt to L & straightening body , comp xfer of wgt to L foot drawing R foot slightly ; sd R taking partial wgt stretching right side of body head swaying left , cont xfer wgt to R & straightening body , comp xfer of wgt to R foot drawing L foot slightly ;
- (15-16) [2nd time] comm RF upper bdy trn bk L toe pivoting 1/2 RF to fc LOD , fwd R between W feet heel to toe cont RF trn keeping L leg extended bk and sd , comp trn sd and bk L (comm RF upper bdy trn fwd R between M feet heel to toe pivoting 1/2 RF , bk L toe cont trn brush R to L , comp trn sd and fwd R) ; bk R comm 1/4 LF trn , sd L , cl R to CP DLC ;
- (15-16) [4th time] comm RF upper bdy trn bk L toe pivoting 1/2 RF to fc LOD , fwd R between W feet heel to toe cont RF trn keeping L leg extended bk and sd , comp trn sd and bk L (comm RF upper bdy trn fwd R between M feet heel to toe pivoting 1/2 RF , bk L toe cont trn brush R to L , comp trn sd and fwd R) ; bk R comm 1/4 LF trn , sd L , cl R to CUDDLE DLC ;

Part B

1-4 Diamond Turns to BJO DLC ; ; ; ; [2nd Time: Viennese Turns to CP LOD ; ; ; ;]

- (1-2) fwd L turning LF on the diagonal , cont LF trn sd R , bk L with ptr outside M in BJO ; trn LF bk R , sd L , fwd R outside ptr in BJO ;
- (1-2) [2nd time] fwd L comm LF trn , sd R cont LF trn , XLif (bk R comm LF trn , sd L cont LF trn , cl R) ; bk R cont LF trn , sd L cont LF trn , cl R (fwd L cont LF trn , sd R cont LF trn , XLif) to CP LOD ;
- (3-4) fwd L turning LF on the diagonal , cont LF trn sd R , bk L with ptr outside M in BJO ; trn LF bk R , sd L , fwd R to BJO DLC ;
- (3-4) [2nd time] fwd L comm LF trn , sd R cont LF trn , XLif (bk R comm LF trn , sd L cont LF trn , cl R) ; bk R cont LF trn , sd L cont LF trn , cl R (fwd L cont LF trn , sd R cont LF trn , XLif) to CP LOD ;

5-8 One Left Turn to CP ; Back and Chasse to SCP ; Natural Hover Fallaway to SCP DRW ; Slip Pivot to BJO DLW ;

- (5-6) fwd L comm up to 1/4 LF trn , cont trn up to 1/8 sd R diag across LOD , cl L to CP RLOD ; bk R comm LF trn , sd L/cl R , sd L to SCP LOD ;
- (7-8) fwd R RF bdy trn , fwd L on toe trn RF with slow rise , bk R to SCP DRW ; bk L , bk R comm LF trn keeping L leg ext , fwd L (bk R comm LF pivot , comp LF trn fwd L , bk R) to BJO DLW ;

9-12 Maneuver to CP RLOD ; Over Spin Turn to CP DRW ; Box Finish to DLW ; Whisk ;

- (9-10) fwd R beg RF upr bdy trn , cont RF trn sd L , cl R (bk L beg RF upr bdy trn , sd R , cl L) to CP RLOD ; comm RF upper bdy trn bk L toe pivoting 1/2 RF to fc LOD , fwd R between ptr feet heel to toe cont RF trn keeping L leg extended bk and sd , comp trn sd and bk L (comm RF upper bdy trn fwd R between ptr feet heel to toe pivoting 1/2 RF , bk L toe cont trn brush R to L , comp trn sd and fwd R) to CP DRW ;
- (11-12) bk R comm 1/4 LF trn , sd L , cl R ; fwd L , fwd and sd R comm rise to ball of foot , XLib of R cont to full rise on ball of foot to SCP ;

13-16 Step Forward Lady Swivel to BJO ; Outside Swivel to SCP ; Through and Chasse to SCP ; Slow Side Lock to CP DLC ; [2nd Time: Through and Chasse to BJO ; Maneuver to CP RLOD ;]

- (13-14) fwd R , - , - (fwd L , swivel LF on ball of L foot end in BJO , -) ; bk L , - , - (fwd R , swivel RF on ball of R foot end in SCP , -) to SCP DLC ;
- (15-16) thru R comm trn to fc , sd L/cl R , sd L to SCP ; thru R , sd and fwd L to CP , XRib trn lf (thru L comm LF trn , sd and bk R cont LF trn to CP , XLif) to CP DLC ;
- (15-16) [2nd time] thru R comm trn to fc , sd L/cl R , sd L to BJO ; fwd R beg RF upr bdy trn , cont RF trn sd L , cl R (bk L beg RF upr bdy trn , sd R , cl L) to CP RLOD ;

End

1-4 Sway Left ; Sway Right ; Sway Left ; Drift Apart to Low Butterfly and Hold ;

- (1-2) sd L taking partial wgt stretching left side of body head swaying right , cont xfer wgt to L & straightening body , comp xfer of wgt to L foot drawing R foot slightly ; sd R taking partial wgt stretching right side of body head swaying left , cont xfer wgt to R & straightening body , comp xfer of wgt to R foot drawing L foot slightly ;
- (3-4) sd L taking partial wgt stretching left side of body head swaying right , cont xfer wgt to L & straightening body , comp xfer of wgt to L foot drawing R foot slightly ; bk R bending knee drawing mans hands down ptr's arms to low butterfly point L ft twd ptr looking at ptr , - , - ;

Mountain Song (Head Cues)

Waltz Phase 4a

Intro (4) CP DLW – Wait 2 Measures;; Dip Back; Maneuver;

A (16) Spin Turn; Box Finish; One Left Turn; Hover Corte; Back and Chasse to Sidecar;
Forward Hover to Banjo; Forward to a Forward Lock Forward; Maneuver; Impetus to Semi;
Through Syncopated Vine; Weave to Semi;; Through and Chasse to Banjo; Maneuver;
Sway Left and Right;;

A (16) Spin Turn; Box Finish; One Left Turn; Hover Corte; Back and Chasse to Sidecar;
Forward Hover to Banjo; Forward to a Forward Lock Forward; Maneuver; Impetus to Semi;
Through Syncopated Vine; Weave to Semi;; Through and Chasse to Banjo; Maneuver;
Spin Turn; Box Finish;

B (16) Diamond Turns;;; One Left Turn; Back and Chasse to Semi; Natural Hover Fallaway;
Slip Pivot to Banjo; Maneuver; Over Spin Turn; Box Finish; Whisk; Step Forward Lady Swivel to Banjo;
Outside Swivel to Semi; Through and Chasse to Semi; Slow Side Lock;

B (16) Viennese Turns;;; One Left Turn; Back and Chasse to Semi; Natural Hover Fallaway;
Slip Pivot to Banjo; Maneuver; Over Spin Turn; Box Finish; Whisk; Step Forward Lady Swivel to Banjo;
Outside Swivel to Semi; Through and Chasse to Banjo; Maneuver;

A (16) Spin Turn; Box Finish; One Left Turn; Hover Corte; Back and Chasse to Sidecar;
Forward Hover to Banjo; Forward to a Forward Lock Forward; Maneuver; Impetus to Semi;
Through Syncopated Vine; Weave to Semi;; Through and Chasse to Banjo; Maneuver;
Sway Left and Right;;

A (16) Spin Turn; Box Finish; One Left Turn; Hover Corte; Back and Chasse to Sidecar;
Forward Hover to Banjo; Forward to a Forward Lock Forward; Maneuver; Impetus to Semi;
Through Syncopated Vine; Weave to Semi;; Through and Chasse to Banjo; Maneuver;
Spin Turn; Box Finish Blending to Cuddle Position;

End (4) Sway Left; Sway Right; Sway Left; Drift Apart to Low Butterfly and Hold;