



## Lively Mountain Wind

Choreographed by Compagnie Country Dance Vallée d'Aoste

**Description:** phrased, 4 wall, level intermediate, line dance

**Music:** The Wind by Zac Brown Band [136 bpm / CD: Uncaged]

**Intro:** 8 counts, then start dancing

**Sequence:** Tag1-A-A-A(1-24)-Tag2-Tag1-A-A-A(1-24)-Tag2(only 2 last counts)-B-B(1-28)-A-A-A-Tag1(only 4 first counts)

### PART A (32 counts)

#### SECTION 1 (1-8)

**VAUDEVILLES, KICK FORWARD 1/8 TURN RIGHT, CROSS-SIDE-CROSS**

1&2& Cross right over left, step left diagonally back, touch right heel diagonally forward, step right together  
3&4& Cross left over right, step right diagonally back, touch left heel diagonally forward, step left together  
5 Kick right diagonally forward turning 1/8 right  
6 Kick right diagonally forward turning 1/8 right  
7&8 Cross right behind left, step left to side, cross right over left (weight to right) (12:00)

#### SECTION 2 (9-16)

**KICK FORWARD 1/8 TURN LEFT, CROSS-SIDE-CROSS, TURN  $\frac{1}{4}$  RIGHT, SHUFFLE FORWARD, STEP, TURN  $\frac{1}{4}$  RIGHT**

1 Kick left diagonally forward turning 1/8 left  
2 Kick left diagonally forward turning 1/8 left  
3&4 Cross left behind right, step right to side, cross left over right (weight to left) (12:00)  
5&6 Turn  $\frac{1}{4}$  right and chassé forward right-left-right  
7-8 Step left forward, unwind  $\frac{1}{4}$  right (weight to right)

#### SECTION 3 (17-24)

**SIDE SHUFFLE, ROCK STEP, HOOK, SWINGS, STOMP**

1&2 Chassé side left-side-left  
3-4 (Jumping slightly) Rock back on right with kick left diagonally forward turning body 1/8 right, recover to left  
5 Hook right behind left knee slapping foot with left hand  
& Swing right heel out right side turning body 1/8 left slapping foot with right hand  
6 Swing right heel over in front of left knee slapping foot with left hand (12:00)  
7-8 Stomp right forward, stomp left together



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### SECTION 4 (25-32)

**SIDE TOUCHES  $\frac{1}{4}$  TURN LEFT x 3, TOUCH, CROSS-BACK-BACK, CROSS, FLICK**

- 1& Touch right toe to right side, turn  $\frac{1}{4}$  right on left
- 2& Touch right toe to right side, turn  $\frac{1}{4}$  right on left
- 3& Touch right toe to right side, turn  $\frac{1}{4}$  right on left
- 4 Touch right toe to right side (weight to left)
- 5&6 Cross right over left, step left back, step right back
- 7-8 Cross left over right, flick right to right side slapping foot with right hand (weight to left) (3:00)

### PART B (32 counts)

#### SECTION 1 (1-8)

**SWIVEL RIGHT AND TURN  $\frac{1}{4}$  RIGHT, SWIVEL LEFT AND TURN  $\frac{1}{4}$  LEFT**

- 1&2 Swivel right toe out, swivel right heel out, swivel right toe turn  $\frac{1}{4}$  right (the body is on 12:00, only right toe is turned  $\frac{1}{4}$  right)
- 3&4 Swivel right toe in, swivel right heel in, swivel right toe in (12:00)
- 5&6 Swivel left toe out, swivel left heel out, swivel left toe turn  $\frac{1}{4}$  left (the body is on 12:00, only left toe is turned  $\frac{1}{4}$  left)
- 7&8 Swivel left toe in, swivel left heel in, swivel left toe in (weight to left) (12:00)

#### SECTION 2 (9-16)

**HEEL AND TOE SYNCOPATION  $\frac{1}{4}$  TURN LEFT, JUMP OUT-IN-CROSS**

- 1& Touch right heel forward, turn  $\frac{1}{4}$  left and step right in place
- 2& Touch left toe back, turn  $\frac{1}{4}$  left and step left in place
- 3& Touch right toe back, turn  $\frac{1}{4}$  left and step right in place
- 4 Touch left heel forward (3:00)
- 5-6 Jump out with both feet, jump in with both feet crossing right foot over left
- 7-8 Jump out with both feet, jump in with both feet crossing right foot behind left (weight to left) (3:00)

#### SECTION 3 (17-24)

**TOE, HEEL, HEEL-HOOK-HEEL**

- 1-2 Touch right toe back, touch right heel forward
- &3&4 Step right in place, touch left heel forward, hook left over right, touch left heel forward (weight to right)
- 5-6 Touch left toe back, touch left heel forward
- &7&8 Step left in place, touch right heel forward, hook right over left, touch right heel forward (weight to left)

**SECTION 4 (25-32)****SIDE-BACK-CROSS, COASTER STEP  $\frac{1}{4}$  TURN RIGHT, FULL TURN LEFT, STOMP**

1&2 Step right to side, step left back, cross right over left  
 3&4 Step left to side, turn  $\frac{1}{4}$  right and step right next to left, step left forward  
 5-6 Turn  $\frac{1}{2}$  left and step right back, turn  $\frac{1}{2}$  left and step left forward (6:00)  
 7-8 Stomp right in place, stomp left together

**TAG 1 (8 counts)****SECTION 1 (1-8)****STEP, FULL TURN LEFT, STOMP, HOLD, PIVOT  $\frac{1}{2}$  TURN LEFT**

1-2 Step right forward, full turn to left on right foot (12:00)  
 3-4 Stomp right next to left, hold  
 5-6 Step right forward, turn  $\frac{1}{2}$  left (weight to left)  
 7-8 Step right forward, turn  $\frac{1}{2}$  left (weight to left) (12:00)

**TAG 2 (6 counts)****SECTION 1 (1-6)****JAZZ JUMPS & CLAP, BOUNCE HEEL**

&1-2 Jump out forward on right foot & step left side to left, clap (weight to left)  
 &3-4 Jump in back on right foot & step together left, clap (put weight on both feet)  
 5-6 Bounce heels 2 times (12:00)

**FOLLOW THE SEQUENCE AND HAVE FUN!**

Thanks to all "Compagnie" dance club for this great experience made together

Link video on Youtube → <http://www.youtube.com/watch?v=g298ziXZMJ4>  
<http://www.youtube.com/watch?v=leVbUCNVtEY>



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