

Mountain High



Count: 32 Wall: 2 Level: Beginner Linedance Restart: 0 Tag: 0
Choreographie: Patrick Hering (DE), Astrid Kaeswurm (DE) & Silvi Schill (DE) - June 2026
Musik: Mountain High - Cat Lion : (Linedance Edit)

World Record AlpFestival 2026

Intro: Start after 16 Counts

[1 – 8] 2 x Heel R, Coaster Step, Rock Step FWD, Shuffle ½ Turn L

1, 2 Touch R Heel diagonal forward (1), Touch R Heel diagonal forward (2),
3 & 4 step RF back (3), close LF next to RF (&), step RF forward (4)
5 – 6 step LF forward (5), recover weight to RF (6)
7 & 8 ¼ turn L + step LF side L (7) [9:00], close RF next to LF (&), ¼ turn L + step LF forward (8) [6:00]

[9 – 16] Step ¼ Turn L, Step ¼ Turn L, Point R Side, Stomp, Point L Side, Stomp

1, 2 step RF forward (1), ¼ Turn L + weight change to LF (2) [03:00]
3, 4 step RF forward (3), ¼ Turn L + weight change to LF (4) [12:00]
5, 6 point RF side R (5), stomp RF next to LF (with weight on RF) (6)
7, 8 point LF side L (7), stomp LF next to RF (no weight on LF) (8)

[17 - 24] Walk, Walk, Shuffle ¼ Turn R, Touch, Step Back, Pony Step

1, 2 RF walk forward (1), LF walk forward (2)
3 & 4 1/8 turn R + step RF forward (3) [01:30], close LF next to RF (&), 1/8 turn R + step RF forward (4) [03:00]
5, 6 LF touch forward (5), step LF back (6)
7 & 8 step RF back + hitching L-knee (7), close LF in front of RF (&), step RF back + hitching L-knee (8)

[25 – 32] Back Rock, Out-Out, Hold & Clap, Gallop 3/4 Turn L + Swing R Arm Up in a Circle like a lasso

1, 2 step LF back (1), recover weight to RF (2)
& 3, 4 LF step L (&), RF step R (3), hold + clap (4)
& 5 hitch L knee (&), 1/8 turn L + step LF forward (5) [01:30]
& 6 close RF next to LF + hitch L knee (&), 1/4 turn L + step LF forward (6) [10:30]
& 7 close RF next to LF + hitch L knee (&), 1/4 turn L + step LF forward (7) [07:30]
& 8 close RF next to LF + hitch L knee (&), 1/8 turn L + step LF forward (8) [06:00]

Arms:

While turning ¾ turn L during counts 5-8, raise R arm above your head and swing the lasso

End:

The dance is ending facing 12:00.

After dancing your last wall, stomp RF next to LF on count (1) with the very last sound of the music.

REPEAT