

# OVER MOUNTAINS AND VALLEYS

Choreographed by Si Barron

## INTRODUCTION



2X : Arms circle to vertical, pull R down, L down, extend R side, extend L side

Step L, lift R knee, L hand behind head, R hand on hip, March 2x; repeat on R side

March 8x, full circle with arms

## CHASSEZ

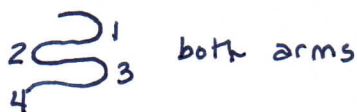
L chassez, march R, L; R chassez, march L, R

Side chassez L (facing R), march 2 to face back; Side chassez R (facing L), march 2 to face front

Repeat ALL

## SMALL BREAK

March 4x with "Snake Arms 1"



## HANDS ON HIP

March 16x; Hands on R hip 4cts; L hip 4 cts, cross arms at chest 2 cts, extend to side 2 cts; 'Snake Arms 2'

Repeat ALL

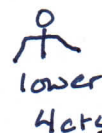


## REPEAT CHASSEZ

## TRICKY BREAK 1

March in place 4x; on 4 the arms come in

With the music:



2x

## TRICKY BREAK 2 (12 count bars)

### March Spins

March 6x, arms flow low L, R, L

Spin 4 cts, arms high; march 2x

Repeat ALL

Starbursts Rows 1 & 2—Starburst 4 cts; Rows 3-4 – Starburst 4 cts



## Rice Pilaf (flicking rice above head, L, R)

Row 1: 1-12

Row 2: 3-12

Row 3: 5-12

Row 4: 7-12

## **PARTIAL CHASSEZ**

L chassez, march R, L; R chassez, march L, R

Side chassez L (facing R), march 2 to face back; Side chassez R (facing L), march 2 to face front

L chassez, march R, L; R chassez, march L, R

## **RICE PILAF with VETERAN'S SALUTE + SPIN**

### *Rice Pilaf*

Row 1: 1-8

Row 2: 3-8

Row 3: 5-8

Row 4: 7-8

### *Veteran's Salute*

Cross L over R, arms low; 1, 2



Cross R over L, arms mid-low; 3, 4



Cross L over R, arms mid-high; 5, 6



Cross R over L, arms high; 7, 8



### *Spin*

Spin 4 cts, arms high; March 4, bring arms slowly down

## **INTRODUCTION – With Final Flourish**

2X : Arms circle to vertical, pull R down, L down, extend R side, extend L side

Step L, lift R knee, L hand behind head, R hand on hip, March 2x; repeat on R side

Marching, arms come in , up and in-up for finish