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:

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