

# Sweet Appalachia

**COPPER** KNOB  
STEPSHEETS

拍数: 16      墙数: 4      级数: Intermediate  
编舞者: Silvia Schill (DE) - April 2025  
音乐: Sweet Appalachia - Jackson Dean



**Note:** The dance begins after 8 beats with the cue of the chant.

~ 1+1+1+1 wall - 4 restarts, 0 tags

## **S1: Step, step-pivot $\frac{1}{2}$ r- $\frac{1}{4}$ turn r, behind-side-step, cross-side-back, rock back**

- 1-2&      Step forward with right - step forward with left and  $\frac{1}{2}$  turn right on both balls, weight on right at the end (6 o'clock)
- 3-4&       $\frac{1}{4}$  turn right and step to left - cross right foot behind left and step to left with left (9 o'clock)
- 5-6&      Step forward with right - lift left knee, pivot forward and cross left foot over right, step to right with right
- 7-8&      Step back with left - swing right foot back in a circle, step back with right and weight back to left Foot

(Restart: On the 3rd round - towards 9 o'clock - stop here and start again)

(Restart: On the 6th round - towards 6 o'clock - stop here and start again)

(Restart: On the 9th round - towards 3 o'clock - stop here and start again)

(Restart: On the 13th round - towards 12 o'clock - stop here and start again)

## **S2: $\frac{1}{2}$ turn left, $\frac{3}{8}$ turn left/run 2-step, run back 2-back, back, $\frac{1}{8}$ turn r/rock back-rock side**

- 1-2&       $\frac{1}{2}$  turn left and step back with right - Swing left leg straight around in a circle into a  $\frac{3}{8}$  turn left and take 2 small steps forward (l - r) (10:30)
- 3-4&      Step forward with left - Raise right knee (option: kick right foot forward) and take 2 small steps back (right - left)
- 5-6      Step back with right foot - swing left foot back in a circle and step back with left foot
- 7&8      Swing right foot back in a circle, turning  $\frac{1}{8}$  turn to the right, step back with right foot and return weight to left foot (12 o'clock)
- &      Step right to right and return weight to left foot

**Repeat to end**

**Last Update: 28 Apr 2025**