

# Backwoods Therapy

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Emily Ferrese (USA) & Donald Spellman (USA) - September 2023

Music: Backwoods Therapy - Greg Pratt



**Intro: 13 counts (starts at singing) - NO TAGS – 2 RESTARTS'**

**[1-8] R Step, L Sailor, R Step, Cross, Back, L Coaster Step**

- 1 Step RF to R side (12:00)
- 2&3 Step LF diagonally back, Step RF next to LF, Step LF forward (12:00)
- 4 Step RF forward (12:00)
- 5, 6 Cross LF over RF, Step RF back (12:00)
- 7&8 Step LF back, Step RF next to LF, Step LF forward (12:00)

**[9-16] Skate R-L, R Triple, Step, Pivot, Body Roll**

- 1, 2 Slide RF diagonally forward, Slide LF diagonally forward (12:00)
- 3&4 Step RF forward, Step LF next to RF, Step RF forward (12:00)
- 5, 6 Step LF forward, Pivot ½ over R shoulder (6:00)
- 7, 8 Roll body shifting weight onto RF and back to LF(6:00)

**Restart 1 – Wall 3**

**Restart 2 – Wall 8**

**[17-24] R Coaster, Sweep L ¼ Behind, R Side, L Cross, Point R, Point L, Heel R, Heel L**

- 1&2 Step RF back, Step LF next to RF, Step RF forward (6:00)
- 3&4 While turning ¼ over L shoulder, Sweep LF behind RF, Step RF to R side, Cross LF in front of RF (3:00)
- 5&6& Point RF to R side, Step RF next to LF, Point LF to L side, Step LF next to RF (3:00)
- 7&8& Touch R heel forward, Step RF next to LF, Touch L heel Forward, Step LF next to RF (3:00)

**[25-32] Walk R-L, R Step, Pivot ½, Stomp Out Out, Hip Bumps**

- 1, 2 Step RF forward, Step LF forward (3:00)
- 3, 4 Step RF forward, Pivot ½ over L shoulder (9:00)
- 5, 6 Stomp RF to R side, Stomp LF to L side (9:00)
- 7, 8 Bump R hip to R side, Bump L hip to L side (9:00)

**Styling: During 7-8, you can bend over for 7 and whip up for 8 when he says "Backwoods Therapy"**

**Steps 1-16: Take small steps! It is a little fast so dancing partially on your toes with lighter smaller steps helps stay on time!**

**PSA – Please teach my dance as it is written. Thank you.**

**Last Update: 9 Oct 2023**

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