

# Backwoods Therapy

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Emily Ferrese (USA) & Donald Spellman (USA) - September 2023  
音乐: 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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