

# The Peaceful Valley

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Advanced waltz  
編舞者: Fred Whitehouse (IRE) & Joey Warren (USA) - September 2015  
音樂: Up to the Mountain (MLK Song) - Patty Griffin



## #15 count intro / 8-9 seconds

### S1: Step Half Turn Pivot, Forward Full Turn,

1-2-3      Step L fwd, Step R slightly in front of L, ½ Turn L stepping L slightly fwd  
4-5-6      Step R fwd, ½ Turn R stepping back on L, ½ Turn R stepping fwd on R

\*□Facing 6 o'clock

### S2: Step ¼ Turn Hitch, Cross ¼ - 3/8 Fwd

1-2-3      Step fwd on L as you lift R foot to L knee (hitch) turning ¼ L (weight stays on L)  
4-5-6      Cross R over L, ¼ Turn R stepping back on L, 3/8 Turn R stepping R fwd

\*□Facing 10:30

### S3: Forward Basic Step, ½ Turn Basic

1-2-3      Step L fwd, Step R slightly in front of L, Recover back on to L  
4-5-6      Step back on R, ½ Turn L stepping fwd on L, Step R fwd

\*□Facing 4:30

### S4: Step Sweep 3/8 Turn, Weave ¼ - ¼

1-2-3      Start 3/8 Turn L stepping L fwd & sweeping R in front of L (turn over counts 2-3)  
4-5-6      Finish 3/8 turn crossing R over L, ¼ Turn R stepping back L, ¼ R stepping R to R

\*□Facing 6 o'clock

### S5: Weave ¼ Turn, Back Rock Step

1-2-3      Cross L over R, ¼ Turn L stepping back on R, Step L back slightly behind R  
4-5-6      Step back on R, Rock back on ball of L, Recover R to R side (face R diagonal)

\*□Facing 4:30

### S6: L Twinkle Step, Step Full Turn on Diagonal

1-2-3      Cross L over R, Rock R out to R side, Recover L (facing L diagonal)  
4-5-6      Step R fwd, ½ Turn R stepping L back, ½ Turn R stepping L fwd

\*□Facing 1:30

### S7: Fall Away Diamond w/ Half Turn

1-2-3      Step L fwd, ¼ Turn L stepping R out to R, Step back on L  
4-5-6      Step back on R, ¼ Turn L stepping L out to L, Step R fwd

\*□Facing 7:30

### S8: Step Sweep, Step Sweep 5/8 Turn

1-2-3      Step L fwd as you sweep R from back to front over counts 2-3  
4-5-6      Step down on R as you start 5/8 Turn R sweeping L out and in front of R  
(finish the 5/8 over count 5-6) \* End facing 3 o'clock

Ending.....dance all the way to count 21 (3/8 sweep)....hold for 4.5.6. Then Step Sweep  
L for 123, Step L Sweep R for 456, Then Step R fwd (1), ½ R step L back (2), ½ R step L fwd sweeping R (3).

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