

Blues Berry
Smoky Mountain

BLUE RIDGE HOEDOWN

8 Beats
start with left foot

4 Basics

2 Triple forward

4 Rocking Chairs

¼ turn left on each -- double step, brush up,
double step, rock, step

2 Chain Backs

double step, rock, step, rock, step, rock, step
-- moving backwards on rock, step

1 Push Off Left

1 Push Off Right

4 Brush Ups

4 Basics

¾ turn left

** Repeat until end to face front*

Ending:

2 Triple Forward -- Stomp, Stomp