

APPALACHIAN RAP

Artist: Trifolkal

Music: Folk Rap

Basic Choreography: Bill Guey-Lee

CD: "Tao From the Mountain"

Length: 1: 49

February 2010

Wait 8 beats or so (jaws harp)

Intro (8 beats)

	S	DS(if)	DS	R	S	Repeat other foot
2 Stomp Doubles	L	R	L	R	L	
	1	&2	&3	&	4	

A (16 beats)

Twist Basic	DT	Twist(L)	Twist(R)	Sl	DS	R	S	DS	DS	DS	R	S
Triple	L	L/R	L/R	L	R	L	R	L	R	L	R	L
	&a	1	&	2	&3	& 4	&5	&6	&7	& 8		

Repeat on right foot

Bridge(8 beats)

	DS	DS	Stamp	R	S	Repeat
App Rap step	L	R	L	L	R	
	&1	&2	3	&	4	

A' (24 beats)

KY Drag- go left	DS	Dr	S	DS	Dr	S	DS	Tch(ots)	H	Tch(if)	H	Tch(ots)	H
Outhouse	L	L	R	L	L	R	L	R	L	R	L	R	L
	&1	& 2	&3	&	4	&5	&	6	&	7	&	8	

Repeat above opposite foot going right

Triple stomps

	DS	DS	DS	Stomp	Stomp (move forward)	Repeat moving back
	L	R	L	R	L	
	&1	&2	&3	&	4	

Bridge (4beats)

	DS	DS	Stamp	R	S
App Rap step	L	R	L	L	R
	&1	&2	3	&	4

Instrumental Break (20 beats)

Arm	[Hula arms left]	[Hula arms rgt]	[Hands down]	[Hands/arms up]
MovementsFeet straight.....	Ft apart	Knees bent	Legs straight
	1	2	3	4

[Rgt hand behind head]	[Lft hand behind head]	[Arms out]	[Arms in]	[Arms out][Arms in]
Lft ft tch step 2X (if)	Rgt ft tch step 2X (if)	L (tch ots)	L (S in)	R(tch ots) R(tap)
1 & 2	3 & 4	5	6	7 8

	[X hands in front-pull right back-past face-then past face again]						
Basketball turn	S pivot left	S	S pivot	S	S in front	S	slur back
Bow&arrow	R	L	R	L	R	L	R
	1	2	3	4	5	6	7&8

Repeat A'

Bridge (16 beats)

4 App Rap steps – turn quarter left each time

Ending (32 beats)

Moving left

Step together

Shoulder drop

S	S	S	Tch	Kick	R	S	Kick	R	S
L	R	L	R	R	R	L	R	R	L
1	2	3	4	5	&	6	7	&	8

Moving right

Shoulder drop

S	S	S	Tch	Kick	R	S	Kick	R	S
R	L	R	L	L	L	R	L	L	R
1	2	3	4	5	&	6	7	&	8

Move forward

Step together

S	S	S	S	S	S	S	S	S (Jazz Box move back)	
L	R	L	R	L	R	L	R	R	
1	2	3	4	5	6	7	8		

4 steps/AppRap step

S	S	S	S	DS	DS	Stamp	R	S
L	R	L	R	L	R	L	L	R
				&1	&2	3	&	4