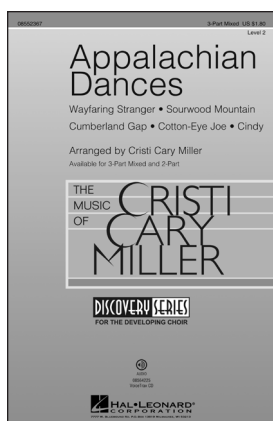


APPALACHIAN DANCES

Arranged by Cristi Cary Miller



Now available for 3-Part Mixed choirs, this exceptional arrangement weaves together five popular folksongs: *Cindy*, *Cotton-Eyed Joe*, *Cumberland Gap*, *Sourwood Mountain* and *Wayfaring Stranger*. A fantastic showcase for younger or developing choirs! Discovery Level 2.



08552367	3-Part Mixed	\$1.80
08564224	2-Part	\$1.80
08564225	VoiceTrax CD	\$24.95

Measure Movement

1-3	Heads down, bodies facing downstage L.
4-13	Look up slowly facing downstage L.
14-18	Look slowly from L to R.
19	Bring focus to center.
25	Spread out.
27-28	Calliope.
29	Begin with heels together, toes apart. Do heel, toe, toe, heel with R leg.
30	Knee, down, straight leg, down.
31-32	Calliope.
33	Repeat heel, toe, toe, heel with L leg.
34	Knee, down, straight leg, down.
35-36	Calliope.
37	Repeat heel, toe, toe, heel with R leg.
38	Knee, down, straight leg, down.
39-40	Calliope.
41	Repeat heel, toe, toe, heel with L leg.
42	Knee, down, straight leg, down L.
43	Knee, down, straight leg, down R.
44	Knee, down, straight leg, down L.
45	Knee, down R, then knee, down L.
46	Straight leg R, down, then straight leg L, down.
47	Repeat: Knee, down, straight leg, down R.
48	Knee, down, straight leg, down L.
49	Knee, down R, then knee, down L.
50	Straight leg R, down, then straight leg L, down.
51-52	Calliope.
53	Heel, toe, toe, heel.
54	Knee, down, straight, down R.
55-56	Calliope.
57	Heel, toe, toe, heel.
58	Knee, down, straight, down L.
59-64	Hands behind backs. Heels together, pop both knees out by lifting heels. Then do pigeon toed, in and out. Once each measure for 6 measures.
65-66	Step out front heel L, heel R, back L, back R. Then out to side heel L, heel R, back L, back R.

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Appalachian Dances – 2

- 67-68 Repeat: Hands behind backs. Heels together, pop both knees out by lifting heels. Then do pigeon toed, in and out. Once each measure for 2 measures.
- 69-70 Repeat: Step out front heel L, heel R, back L, back R. Then out to side heel L, heel R, back L, back R.
- 71-72 Accent R heel forward twice, then R toes back twice. (Cotton-Eyed Joe a la line dance)
- 73-74 Three-point turn R, swinging R hand like a lasso.
- 75-76 Reverse: Accent L heel forward twice, then L toes back twice.
- 77-78 Three-point turn L, swinging L hand like a lasso.
- 79 Hit R heel with hand in front, then behind.
- 80 Hit L heel with hand in front, then behind.
- 81-82 Two-point pivot.
- 83-86 Girls bounce in an “S” pose with hands on hips. Boys pretend to play banjo rocking hips from side to side.
- 87-90 Girls do step touch curtsies, boys continue playing banjo.
- 91-92 Girls pretend to play banjo with hips rocking side to side. Boys do “S” figure hands.
- 93-94 Girls continue playing banjo. Boys hitch-hike.
- 95-98 Girls continue playing banjo. Boys thumbs to self, flap elbows like bee wings.
- 99-100 All do heel toe slide L.
- 101-102 Heel toe slide R.
- 103-104 Heel toe slide L.
- 105 Big step R with begging hands.
- 106 Plié.
- 107-114 Part I does Cotton-Eyed Joe like m. 71-78. Part II does heel, toe, toe, heel. Knee, down, straight, down like in Sourwood Mountain (m. 27-34). Part III does pop knees, out, pigeon toed, once per measure like in Cumberland Gap (m. 59-66).
- 115-116 All swing lasso in R hand.
- 117-118 Step out L, R, fold arms and nod head once.

