



Apple Jack

18 count, 4 wall, beginner level

Choreographer: Unknown

Choreographed to: "Apple Jack" by Dolly Parton

"Fresh Coat Of Paint" by Lee Roy Parnell

"Help, I'm White And I Can't Get Down" by Geezinslaws

"Some Kinda Good Kinda Hold On Me" by Toby Keith

"Redneck Girl" by Kentucky Headhunters

16 count intro from heavy beat

Part 1 Apple Jacks (L-R-L-L-R-R-L-R)

Swivel Left, Center

Weight = Left Heel, Right Toes

- 1 Swivel left toes to left and right heel to left (feet are in v position with toes pointed out)
& Swivel left toes back to center and right heel back to center (transfer weight)

Swivel Left, Center

Weight = Left Toes, Right Heel

- 2 Swivel right toes to right and left heel to right (feet are in v position with toes pointed out)
& Swivel right toes back to center and left heel back to center (transfer weight)

Swivel Left, Center Twice

Weight = Left Heel, Right Toes

- 3 Swivel left toes to left and right heel to left (feet are in v position with toes pointed out)
& Swivel left toes back to center and right heel back to center (transfer weight)
4 Swivel left toes to left and right heel to left (feet are in v position with toes pointed out)
& Swivel left toes back to center and right heel back to center (transfer weight)

Swivel Left, Center Twice

Weight = Left Toes, Right Heel

- 5 Swivel right toes to right and left heel to right (feet are in v position with toes pointed out)
& Swivel right toes back to center and left heel back to center (transfer weight)
6 Swivel right toes to right and left heel to right (feet are in v position with toes pointed out)
& Swivel right toes back to center and left heel back to center (transfer weight)

Swivel Left, Center

Weight = Left Heel, Right Toes

- 7 Swivel left toes to left and right heel to left (feet are in v position with toes pointed out)
& Swivel left toes back to center and right heel back to center (transfer weight)

Swivel Left, Center

Weight = Left Toes, Right Heel

- 8 Swivel right toes to right and left heel to right (feet are in v position with toes pointed out)
& Swivel right toes back to center and left heel back to center (transfer weight)

Part 2 Heel, Toe, Step Turning 1/4 Right, Touch Side, Cross, Touch Side, Cross, Back, Close, Jump

- 1-2 Right heel touch forward; right toe touch back
3-4 Right step forward into 1/4 turn right; left touch side left
5-6 Left cross-step over right; right touch side right
7-8 Right cross-step over left; left step back
9-10 Right step next to left; jump forward with both feet (end with feet shoulder width apart)

Repeat

Quelle:

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678

www.linedancermagazine.com