

# Easy Apple Jack

Count: 32

Wand: 2

Ebene: Intermediate east coast swing

Choreograf/in: Séverine Fillion (FR)

Musik: One Step At a Time - Buddy Jewell



## HEEL BALL HEEL BALL, TOE TOUCH

- 1& Touch right heel forward, step right beside left  
2& Touch left heel forward, step left beside right  
3& Touch right toe to the right side, step right beside left  
4& Touch left toe to the left side, step left beside right

## KICK BALL POINT LEFT, TOE RIGHT, KNEE ROLL RIGHT WITH ¼ TURN RIGHT

- 5& Kick right forward, step right beside left  
6&7 Touch left toe to the left side-step left beside right -touch right toe to the right side  
&8 Turn right knee in, turn right knee out with ¼ turn right

## KICK BALL STOMP, HEEL SWIVEL

- 9&10 Kick right forward, step right beside left, stomp left forward over right  
11&12 Swivel both heels out, in, out

## KICK BALL POINT LEFT, POINT RIGHT, KNEE ROLL RIGHT WITH ¼ TURN RIGHT

- 13& Kick right forward, step right beside left  
14&15 Touch left toe to the left side, step left beside right, touch right toe to the right side  
&16 Turn right knee in, turn right knee out with ¼ turn right

## HOOK, RIGHT SHUFFLE, RIGHT FULL TURN

- &17&18 Hook right, shuffle forward right, left, right  
19-20 Moving right, make a full turn: left, right

## LEFT SHUFFLE, RIGHT SCUFF/ HITCH, RIGHT STOMP, LEFT STOMP

- 21&22 Shuffle forward left, right, left  
23&24 Scuff/hitch right, stomp right, stomp left beside right

## APPLE JACK

- 25 With weight on left heel and right toe, swivel right heel and left toe to the left  
& Return to center  
26 Weight to left toe and right heel and swivel left heel and right toe to the right  
& Return to center  
27 Weight back to left heel and right toe and swivel right heel and left toe to the left  
& Return to center  
28 Swivel right toe and left heel to the right  
& Return to center

## STEP BACK / HEEL BALL STOMP, HIP BUMP

- 29&30 Step back right with left heel forward, step left beside right (&), right stomp forward  
31&32 Bump right hips forward, bump left backward, bump right hips forward

## REPEAT

## TAG

at the end of walls 2, 4, & 5 (only for the Buddy Jewell music)  
RIGHT TOUCH WITH ¼ TURN LEFT X 4 (FULL TURN)

