

# An Apple a Day

**COPPER** **KNOB**  
BY STEPHEN METZ

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Ryan King (UK) - April 2013

**Musique:** An Apple a Day - Aqua



**Intro: 24 Counts. Start on main vocal.**

## **Walk Forward R L R, Kick L Forward, Walk Back L R L, Touch R Next to L**

- 1 2 Step Forward Right, Step Forward Left.
- 3 4 Step Forward Right, Kick Left Foot Forward.
- 5 6 Step Back Left, Step Back Right.
- 7 8 Step Back Left, Touch Right Toe Next to Left.

## **R Grapevine, Touch L, Step L Touch R, Rock R Recover**

- 1 2 Step Right to Right Side, Step Left Behind Right.
- 3 4 Step Right to Right Side, Touch Left Toe Next to Right.
- 5 6 Step Left to Left side, Touch Right Toe Next to Left.
- 7 8 Rock Out to Right Side, Recover Weight onto Left.

## **Right Grapevine, Left Grapevine**

- 1 2 Step Right to Right Side, Step Left Behind Right.
- 3 4 Step Right to Right Side, Touch Left Toe Next to Right.
- 5 6 Step Left to Left Side, Step Right Behind Left.
- 7 8 Step Left to Left Side, Touch Right Toe Next to Left.

## **R Rocking Chair, Paddle x 2 1/8 turns L**

- 1 2 Rock Forward on Right, Recover Weight Back onto Left.
- 3 4 Rock Back on Right, Recover Weight Forward onto Left.
- 5 6 Touch Right Toe Forward, Turn 1/8 Left.
- 7 8 Touch Right Toe Forward, Turn 1/8 Left.

**Contact:** [Nightsaberx@gmail.com](mailto:Nightsaberx@gmail.com)

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