

Easy Apple Jack

拍数: 32 墙数: 2 级数: Intermediate east coast swing
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音乐: 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)

