

# Apple Jack

COPPERKNOB  
STEPPERS

拍数: 18      墙数: 4      级数:  
编舞者: Unknown  
音乐: Fresh Coat of Paint - Lee Roy Parnell



The first 8 counts of this dance are continuous weight transfers with double time toe-heel swivels. It takes lot of practice to get up to speed so don't get discouraged! The rest of the dance is a piece of cake.

## SWIVEL LEFT, CENTER

### WEIGHT = LEFT HEEL-RIGHT TOES

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

As you come back to center transfer weight on the & count throughout these first 8 patterns

## SWIVEL RIGHT, CENTER

### WEIGHT = LEFT TOES-RIGHT HEEL

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

## SWIVEL LEFT, CENTER-TWICE

### WEIGHT = LEFT HEEL-RIGHT TOES

3                      Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)  
&                      Swivel left toes back to center-right heel back to center (no weight transfer)

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

## SWIVEL RIGHT, CENTER-TWICE

### WEIGHT = LEFT TOES-RIGHT HEEL

5                      Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)  
&                      Swivel right toes back to center-left heel back to center (no weight transfer)  
6                      Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)  
&                      Swivel right toes back to center-left heel back to center (transfer weight)

## SWIVEL LEFT, CENTER

### WEIGHT = LEFT HEEL-RIGHT TOES

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

## SWIVEL RIGHT, CENTER

### WEIGHT = LEFT TOES-RIGHT HEEL

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

## RIGHT HEEL FORWARD, BACK, ¼ RIGHT LEFT TOUCH

1-2                    Right heel touch forward; right toe touch back  
3-4                    Right step forward into ¼ turn right; left touch side left

## CROSS, TOUCH, CROSS, BACK, TOGETHER, JUMP

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

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