

# An Apple a Day

**COPPER** **KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Ryan King (UK) - April 2013  
音乐: 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)**