

Apple Jack

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Audrey Watson (SCO) - August 2014
音乐: Apple Jack - Lisa McHugh : (iTunes)



Intro - 32 Counts

Section One: Side Tog Fwd ½ Turn, Back Lock Step, Coaster Step, Step Lock Step.

1&2& Step left to left side, close right next left, step fwd on left, On ball of left turn ½ left hitch right knee.
3&4 Step back on right, cross left over right, step back on right.
5&6 Step back on left, step right next left, step fwd on left.
7&8 Step fwd on right, lock left behind right, step fwd on right.

Section Two: Step Clap, Step Clap, Mambo ½ Turn, Shuffle Fwd (Option Full Turn) Kick Ball Point.

1&2& Step fwd on left clap hands, step fwd on right, clap hands.
3&4 Rock fwd on left, recover back on right, turn ½ left stepping fwd on left.
5&6 Step fwd on right, step left next right, step fwd on right.

Option: Step fwd on right, turn ½ right stepping back on left, turn ½ right stepping fwd on right.

* Tag to be added here on Walls 1,3 & 6 Step Clap x 2

* 1&2& Step fwd on left, clap hands, step fwd on right, clap hands. Continue with the dance.

7&8 Kick left foot fwd, step down on ball of left, point right toe to right side.

Section Three: Behind & Cross, 1/8 Cross, 1/8 Cross, Rocking Chair, Step ½ Pivot Step.

1&2 Cross right behind left, step left to left side, cross right over left.
&3&4 On ball of left turn 1/8th left, cross right over left, ball of left turn 1/8th left, cross right over left.
5&6& Rock fwd on left, rock back on right, rock back on left, rock fwd on right.
7&8 Step fwd on left, pivot ½ right, step fwd on left.

Section Four: Step Touch Back Kick, Back Rock, Heel Strut, Side Rock, Heel Strut, Step Pivot Step.

1&2& Step fwd on right, touch left to behind right heel, step back on left foot, kick right foot fwd.
3&4& Rock back on right, recover fwd on left, touch right heel fwd, drop toes to floor.
5&6& Rock left to left side, recover on right, touch left heel fwd, drop toes to floor.
7&8 Step fwd on right, pivot ½ turn left, step fwd on right.

* Tag to be added here on Walls 1,3 & 6 Step Clap x 2

* 1&2& Step fwd on left, clap hands, step fwd on right, clap hands.

Ending to face front:-

On the last wall you will finish the dance at the end of section one facing the back wall.

Change steps 7&8 Step Lock Step To: Step, Pivot ½ Turn, Step.

Contact: Aud1312@btinternet.com