

Applejack

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - July 2014
音樂: Apple Jack - Lisa McHugh



[1-8] □ R side mambo, L heel hook heel flick, L fwd lock step, R fwd, ¼ L pivot turn, R cross step

1&2 Rock R side, recover weight on L, step R together
3& Touch L heel forward, hook L across R leg
4& Touch L heel forward, flick L back
5&6 Step L forward, lock R behind L, step L forward
7&8 Step R forward, pivot ¼ left, cross step R over L (9 o'clock)

[9-16] □ ½ L hinge cross, ½ R box, L fwd mambo, walk back 2 & clap

1&2 Turning ¼ right step L back, turning ¼ right step R side, cross step L over R (3 o'clock)
3&4 Step R side, step L together, step R forward
5&6 Rock L forward, recover weight on R, step L back
7&8& Step R back, clap, step L back, clap

[17-24] □ R coaster, L fwd shuffle, ½ L & R back shuffle, L coaster

1&2 Step R back, step L together, step R forward
3&4 Step L forward, step R together, step L forward
5&6 Turning ½ left step R back, step L together, step R back (9 o'clock)
7&8 Step L back, step R together, step L forward

[25-32] □ R cross rock-recover-side, L cross rock-recover-side, R & L stomp together, applejack

1&2 Cross Rock R over L, recover weight on L, step R side
3&4 Cross rock L over R, recover weight on R, step L side
5-6 Stomp R together, stomp L together
&7&8 Applejack - This is the step the dance is named after. To applejack, count &7 and take your weight onto your left heel, swivel your right foot to the left side, then return your feet to centre. On &8, take weight onto your right heel, swivel your left foot to the right side, then return your feet to centre with weight ending on LEFT

Easier option: fan R toes R and back to centre, fan L toes L and back to centre

TAG: At the end of walls 1 (9 o'clock), wall 3 (3 o'clock), and wall 6 (6 o'clock) repeat the applejack steps &7&8 2 more times for a total of 3 sets of applejacks on all those walls

Tel: 01462 735778 - Email: info@thedancefactoryuk.co.uk - Website: www.thedancefactoryuk.co.uk