

Apple Jack

拍數: 52 牆數: 2 級數: Phrased Improver
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音樂: Apple Jack - Lisa McHugh



Sequence;-

AAB AAB AA-B(without 9-10 counts from section 2 and without 9-10 counts from section 4)

BAAAA-A(5&6&7&8 counts from section 2 stay in front)

PART A 16 counts

Section A1 – RIGHT WINE, LEFT SCUFF, LEFT WINE, RIGHT STOMP, APPLE JACK 2X

1&2& RF step side to right, LF step behind RF, RF step side to right, LF scuff
3&4& LF step side to left, RF step behind LF, LF step side to left, RF stomp next to LF
5&6& Take weight on R toe and L heel, Swivel R heel and L toe to left (5), Return both feet, to place (&), Take weight to on L toe and R heel, Swivel L heel and R toe right (6), Return both feet to place (&)
7&8& Repeat steps 5&6&

Section A2 – RIGHT WINE, LEFT SCUFF, LEFT WINE, RIGHT TOUCH, RIGHT HEEL, STEP ¼, LEFT HEEL, STEP, RIGHT HEEL, STEP ¼, LEFT HEEL, STEP

1&2& RF step side right, LF step behind RF, RF step side right, LF scuff
3&4& LF step side to left, RF step behind LF, LF step side, RF touch next to LF
5&6& RF heel forward, Turn ¼ to left RF step next to LF, LF heel forward, LF step next to RF
7&8& Repeat steps 5&6&

PART B 36 counts

Section B1 – CHASSE RIGHT, WAVE RIGHT, STEP SIDE RIGHT, LEFT SAILOR STEP ¼, RIGHT SHUFFLE FORWARD

1&2 RF step side right, LF step next to RF, RF step side right
3&4& LF step behind RF, RF step side right, LF step cross over RF, RF step side right
5&6 LF cross behind RF, Turn ¼ left RF step side right, LF step forward
7&8 RF step forward, LF step next to RF, RF step forward

Section B2 – LEFT STEP FORWARD, TURN ¼ RIGHT, CROSS, TURN ¼ RIGHT STEP BACK, TURN ¼ LEFT STEP SIDE, STEP CROSS, LEFT ROCK STEP, RECOVER, WAVE RIGHT, RIGHT ROCK STEP, RECOVER

1&2 LF step forward, Turn ¼ right RF step right side, LF step cross over RF
3&4 Turn ¼ left RF step back, Turn ¼ left LF step to left side, RF step cross over to LF
5-6 LF step side to left, recover to RF
7&8 LF step behind RF, RF step side right, LF step cross over RF
9-10 RF step side to right, recover to LF

Section B3 – RIGHT KICK, STEP, LEFT KICK, STEP, RIGHT SHUFFLE FORWARD, LEFT ROCK STEP FORWARD, RECOVER, TURN ¼ LEFT STEP SIDE, FULL TURN TO LEFT (OR LEFT CHASSE)

1&2& RF kick forward, RF step next to LF, LF kick forward, LF step next to RF
3&4 RF step forward, LF step next to RF, RF step forward
5-6 LF step forward, recover to RF
7&8 Turn ¼ left LF step side, Turn ½ left RF step side to right, Turn ½ left LF step side to left (Easy option – LF step side left, RF step next to LF, LF step side left)

Section B4 – WAVE LEFT 2X, STEP ¼ LEFT, PADDLE TURN 2X, RIGHT STAMP, HOLD

1&2& RF step cross over LF, LF step side, RF step behind LF, LF step side
3&4& RF step cross over LF, LF step side, RF step behind LF, Turn ¼ left LF step forward

5-6 RF step forward, Turn ¼ left recover to LF - weight on LF
7-8 RF step forward, Turn ¼ left recover to LF - weight on LF
9-10 RF stomp next to LF, Hold

ENDING (Section 2 of Part A) – RIGHT WINE, LEFT SCUFF, LEFT WINE, RIGHT TOUCH, RIGHT HEEL, STEP, LEFT HEEL, STEP, RIGHT HEEL, STEP, LEFT STOMP

1&2& RF step side to right, LF step behind RF, RF step side to right, LF scuff
3&4& LF step side to left, RF step behind LF, LF step side to left, RF touch next to LF
5&6& RF heel forward, RF step next to LF, LF heel forward, LF step next to RF
7&8 RF heel forward, RF step next to LF, LF stomp a little bit forward

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