

Apple Juice

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Scott Blevins (USA) & Paul James (UK) - May 2019
音樂: Apple Juice - Jessie Reyez : (Album: Being Human In Public)



With one Restart occurring after count 12 on rotation 4

#12 count intro to start on lyrics

[1-6] FORWARD LUNGE, RECOVER, ¼ BACK, ¼ FORWARD

1-2-3 1-2- 3) Lunge R forward in front of L as you slowly torque body right extending a relaxed L arm fwd
4-5-6 4) Recover to L; 5) Turn ¼ left stepping R back; 6) Turn ¼ left stepping L forward [6:00]

[7-12] FORWARD, SLOW ½ TURN, ½ RIGHT, SWEEP

1-2-3 1) Step R forward; 2-3) Slowly turn ½ left keeping weight on R with L pointed in front of R [12:00]
4-5-6 4) Turn ½ right taking weight back on L; 5-6) Sweep R from front to back [6:00]

Note: Restart here in rotation 4 facing original 3 o'clock wall. You will do counts 1-9 as written above and replace counts 10-11-12 with: Step L forward; Step R forward; Step L forward. Restart from beginning facing original 3 o'clock wall.

[13-18] BEHIND, ¼ FORWARD, ½ BACK, ¼ SIDE w/POINT, DRAG w/ TOUCH

1-2-3 1) Step R behind L; 2) Turn ¼ left stepping L forward; 3) Turn ½ left stepping R back [9:00]
4-5-6 4) Turn ¼ left stepping L to left pointing R to right; 5-6) Drag R toe to L touching R beside L [6:00]

[19-24] ¼ FORWARD, ½ BACK, ½ FORWARD, FORWARD, ½ BACK, ¼ SIDE

1-2-3 1) Turn ¼ right stepping R forward; 2) Turn ½ right stepping L back; 3) Turn ½ right stepping R forward [9:00]
4-5-6 4) Step L forward; 5) Turn ½ left stepping R back; 6) Turn ¼ left stepping L to left [12:00]

[25-30] CROSS, SWEEP, CROSS, SIDE, BEHIND

1-2-3 1) Step R across L; 2-3) Sweep L back to front
4-5-6 4) Step L across R; 5) Step R to right; 6) Step L behind R

[31-36] SIDE LUNGE WITH ARM CIRCLE, CROSS, UNWIND 5/8, 1/2 BACK

1-2-3 1) Lunge R to right extending R arm across chest; 2-3) Continue lunging as you circle arm up from left to right
4-5-6 4) Touch L across R; 5) Unwind 5/8 right on ball of R on the spot [7:00]; 6) Turn ½ right stepping L back [1:00]

[37-42] BACK, DÉVELOPPÉ, FORWARD, DRAG

1-2-3 1) Step R back; 2) Lift L knee up with L toe pointing down; 3) Extend L out in front of you fully from knee [1:00]
4-5-6 4) Step L forward toward 1 o'clock; 5-6) Drag R to L [1:00]

[43-48] 5/8 WALK AROUND, FORWARD, ½ BACK, ½ FORWARD

1-2-3 (1-2-3) Walk forward R-L-R turning 5/8 right [9:00]
4-5-6 4) Step L forward; 5) Turn ½ left stepping R back; 6) Turn ½ left stepping L forward

Enjoy!

