

Renegade Express

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Edward Poole (USA)
音樂: Walkin' the Country - Keith Urban & The Ranch



APPLEJACKS-LEFT, RIGHT, LEFT, LEFT, RIGHT, RIGHT, LEFT, RIGHT, HITCH RIGHT

1&2& Applejacks left, center, right, center
3&4& Applejack left, center, left, center.
5&6& Applejack right, center, right, center
7&8& Applejack left, center, right, hitch right foot

SHUFFLE STEPS FORWARD, 2 COUNT FULL TURN, SHUFFLE STEPS FORWARD, ROCK FORWARD AND BACK

9&10 Step forward on right, step left next to right, step forward on right
11-12 Step forward on left pivot right ½ turn, step back on right pivot right ½ turn.
13&14 Step forward on left, step right next to left, step forward on left
15-16 Rock forward on right, rock back on left.

COASTER STEP, STEP LEFT PIVOT RIGHT, SHUFFLE TURN FORWARD, KICK BALL CHANGE

17&18 Step back on right, step left beside to right, step forward on right
19-20 Step forward on left, pivot ½ turn right place weight on right.
21&22 Shuffle forward left, right, left, while turning 1 full turn right
23&24 Kick right foot, place right foot home weight on ball of right foot, transfer weight to left.

MONTEREY TURN, STEP OUT, CROSS BEHIND, UNRAVEL, HOP FORWARD

25-26 Point right to right side, step right home while turning a ½ turn to the right
27-28 Point left to left side, step left home.
29-30 Step right to right side, step left behind right,
31-32 Turn ¾ turn left, hop forward.

REPEAT

Applejacks are done with a rocking motion from the ball of one foot to the heel of the other shifting weight as you change feet. When you fan left move left. For an Applejack left, the weight is on left heel and right toe. Fan left toe to left side and bring right heel toward your left heel. For those who have not mastered the Applejack step, you can substitute using Toe Fans.