

Apple Jack

COPPERKNOB
BY STEPHEN HETS

拍數: 18 牆數: 4 級數:
編舞者: Unknown
音樂: Fresh Coat of Paint - Lee Roy Parnell



The first 8 counts of this dance are continuous weight transfers with double time toe-heel swivels. It takes lot of practice to get up to speed so don't get discouraged! The rest of the dance is a piece of cake.

SWIVEL LEFT, CENTER

WEIGHT = LEFT HEEL-RIGHT TOES

1 Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)
& Swivel left toes back to center-right heel back to center (transfer weight)

As you come back to center transfer weight on the & count throughout these first 8 patterns

SWIVEL RIGHT, CENTER

WEIGHT = LEFT TOES-RIGHT HEEL

2 Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)
& Swivel right toes back to center-left heel back to center (transfer weight)

SWIVEL LEFT, CENTER-TWICE

WEIGHT = LEFT HEEL-RIGHT TOES

3 Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)
& Swivel left toes back to center-right heel back to center (no weight transfer)

4 Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)
& Swivel left toes back to center-right heel back to center (transfer weight)

SWIVEL RIGHT, CENTER-TWICE

WEIGHT = LEFT TOES-RIGHT HEEL

5 Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)
& Swivel right toes back to center-left heel back to center (no weight transfer)
6 Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)
& Swivel right toes back to center-left heel back to center (transfer weight)

SWIVEL LEFT, CENTER

WEIGHT = LEFT HEEL-RIGHT TOES

7 Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)
& Swivel left toes back to center-right heel back to center (transfer weight)

SWIVEL RIGHT, CENTER

WEIGHT = LEFT TOES-RIGHT HEEL

8 Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)
& Swivel right toes back to center-left heel back to center (change weight to left only)

RIGHT HEEL FORWARD, BACK, ¼ RIGHT LEFT TOUCH

1-2 Right heel touch forward; right toe touch back
3-4 Right step forward into ¼ turn right; left touch side left

CROSS, TOUCH, CROSS, BACK, TOGETHER, JUMP

5-6 Left cross-step over right; right touch side right
7-8 Right cross-step over left; left step back
9-10 Right step next to left; jump forward with both feet (end with feet shoulder width apart)

REPEAT
