

# Applejack Strut & Bump

**COPPER KNOB**  
STEPPERS

拍數: 40      牆數: 4      級數: Beginner  
編舞者: Heather Sowden (AUS)  
音樂: Mountain High - Charley Pride



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|-------|--|
| 1-4   | Right toe/heel strut, left heel/toe strut  |
| 5-8   | Right toe/heel strut, left heel/toe strut  |
| 9-10  | Right shuffle forward (right-left-right)   |
| 11-12 | Left shuffle forward (left-right-left)   |
| 13-16 | Right vine (right-left-right-left)   |
| 17-20 | 2 left hip bumps, 2 right hip bumps(moving forward as you bump hips)   |
| 21-24 | Left vine (left-right-left-right)  |
| 25-28 | 2 right hip bumps, 2 left hip bumps(moving forward as you bump hips)   |
| 29-32 | Right reggae $\frac{1}{4}$ turn to right(cross right over left, step back on left turning a $\frac{1}{4}$ to right, step right in place, step left in place) |
| 33-36 | Right toe to right side, right together, left toe to left side, left together  |
| 37-40 | Right heel forward, right together, left toe back, left together   |

**REPEAT**

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