

# APPLE JACK

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**Count:** 18      **Wall:** 4      **Level:** —

**Choreographer:** Unknown

**Music:** Fresh Coat Of Paint by 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**