

Apple Jack

Choreographed by Unknown

Description: 18 count, 4 wall, line dance

Music: Fresh Coat Of Paint by Lee Roy Parnell [120 bpm / CD: On The Road]

Help, I'm White And I Can't Get Down by Geezinslaws [113 bpm]

Some Kinda Good Kinda Hold On Me by Toby Keith [136 bpm / CD: Toby Keith]

Redneck Girl by The Kentucky Headhunters [164 bpm / CD: Rave On]

South's Gonna Do It Again by Charlie Daniels [168 bpm / CD: Charlie Daniels Super Hits]

Oh, Lonesome You by Trisha Yearwood [120 bpm / CD: Hearts In Armor]

Dance by Twister Alley [140 bpm / CD: Twister Alley / CD: Line Dance Fever 3]

Blue Collar Man by Travis Tritt [116 bpm / CD: T-R-O-U-B-L-E]

Runaway Feelings by Dolly Parton [126 bpm / CD: Eagle When She Files]

That's The Way I Feel by Delbert McClinton [136 bpm / CD: I'm With You]

any fast shuffle or schottische, for the 'experts'

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
10. Right step next to left; jump forward with both feet (end with feet shoulder width apart)