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| An Apple a Day |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Ryan King (UK) - April 2013 | | | | |
| **Music:** | An Apple a Day - Aqua | | | | |
| . | | | | | | |

**Intro: 24 Counts. Start on main vocal.**

**Walk Forward R L R, Kick L Forward, Walk Back L R L, Touch R Next to L**

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| 1 2 | Step Forward Right, Step Forward Left. |

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| 3 4 | Step Forward Right, Kick Left Foot Forward. |

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| 5 6 | Step Back Left, Step Back Right. |

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| 7 8 | Step Back Left, Touch Right Toe Next to Left. |

**R Grapevine, Touch L, Step L Touch R, Rock R Recover**

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| --- | --- |
| 1 2 | Step Right to Right Side, Step Left Behind Right. |

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| 3 4 | Step Right to Right Side, Touch Left Toe Next to Right. |

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| --- | --- |
| 5 6 | Step Left to Left side, Touch Right Toe Next to Left. |

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| 7 8 | Rock Out to Right Side, Recover Weight onto Left. |

**Right Grapevine, Left Grapevine**

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| --- | --- |
| 1 2 | Step Right to Right Side, Step Left Behind Right. |

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| --- | --- |
| 3 4 | Step Right to Right Side, Touch Left Toe Next to Right. |

|  |  |
| --- | --- |
| 5 6 | Step Left to Left Side, Step Right Behind Left. |

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| --- | --- |
| 7 8 | Step Left to Left Side, Touch Right Toe Next to Left. |

**R Rocking Chair, Paddle x 2 1/8 turns L**

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| --- | --- |
| 1 2 | Rock Forward on Right, Recover Weight Back onto Left. |

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| --- | --- |
| 3 4 | Rock Back on Right, Recover Weight Forward onto Left. |

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| --- | --- |
| 5 6 | Touch Right Toe Forward, Turn 1/8 Left. |

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| --- | --- |
| 7 8 | Touch Right Toe Forward, Turn 1/8 Left. |

**Contact: Nightsaberx@gmail.com**