

Apple Jack

COPPER KNOB
STEPPERS

Count: 18

Wall: 4

Level:

Choreographer: Unknown

Music: 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
