Apple Jack
Choreographed by Melanie Greenwood

Description: 18 count, 4 wall line dance
Music: Help I’m White and I Can’t Get Down by Geezinslaw Bros. (SLOW - 113 bpm)
Honky Tonk Attitude by Joe Diffie (MEDIUM)
TROUBLE by Travis Tritt (FAST)

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 (X2) (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 (X2) (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