



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