

Apple Jack

In Motion

Choreographed by Unknown

Description: 18 count, 4 wall, line dance

Music: *Fresh Coat Of Paint* by Lee Roy Parnell, *Help, I'm White And I Can't Get Down* by The Geezinslaws, *Some Kinda Good Kinda Hold On Me* by Toby Keith, *Redneck Girl* by The Kentucky Headhunters, *South's Gonna Do It Again* by Charlie Daniels, *Oh, Lonesome You* by Trisha Yearwood, *Dance* by Twister Alley, *Blue Collar Man* by Travis Tritt,

Notes: 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