

- 
- 1 Applejacks left, right, left,right, syncopated heel digs & step backs**  
1 & 2 & Taking weight onto left heel and right toe swivel left toe and right heel to left side. Return feet to centre,  
Taking weight onto right heel and left toe swivel right toe and left heel to right side, return feet to centre.  
3 & 4 & Repeat steps 1&2&  
5,6 Walk forward right, left  
& 7 & 8 Heel dig right, heel dig left (weight on both heels), step back on right foot, step back on left
- 2 Step 1/4 turn left (x2), Syncopated extended weave**  
1,2 Step right forward making a 1/4 turn left  
3,4 Step right forward making a 1/4 turn left  
5,6 & Step right to right side, cross left behind right, step right to right side  
7,8 Cross left in front of right, step right to right side
- 3 Syncopated weave (cont'd), Side Rock, Right Sailor, 1/4 turn left sailor step**  
1 & 2 Cross left behind right, step right down, cross left in front of right  
3,4 Step right to right side, recover onto left (slight raise & sweep right leg to prepare to go to sailor step)  
5 & 6 Cross right behind left, step left to left side, step right to place  
7 & 8 Cross left behind right whilst making a 1/4 turn left, step right to right side, step left in place
- 4 Right Shuffle, 1/2 turn Right shuffle, 1 1/2 turn right, Stomp left**  
1 & 2 Step forward right, close left beside right, step forward right  
3 & 4 Make 1/2 turn right, shuffle back left, right, left  
5,6 Make 1/2 turn right stepping forward on right, make 1/2 turn right stepping back on left  
7,8 Make 1/2 turn right stepping forward on right, Stomp left next to right (choreographers note- for dancers who do not wish to turn- replace steps 3&4 with a left shuffle forward, Steps 5,6,7 by walking forward R,L,R)
- 5 Forward & Side toe touch, Triple step in place (x2)**  
1,2 Touch right toe forward, touch right toe to right side  
3 & 4 Step right, left, right in place  
5,6 Touch left toe forward, touch left toe to left side  
7 & 8 Step left, right, left in place
- 6 Side Switches, Heel Switches, Step 1/2 turn left, Stomp Right & Left**  
1 & 2 Touch right toe to right side, step right next to left, Touch left toe to left side  
& 3 & 4 Step left next to right, Right heel touch forward, step on right next to left, put left heel forward, step on left next to right  
5,6 Step right forward (weight now on right), Make a 1/2 turn left (weight now on left)  
7,8 Stomp right forward, stomp left next to right, (weight now even - ready for applejacks)
-