

LACED HANDS-TURNING, MORE HAND WORK TURNING

/Start with feet apart, fingers laced in front of chest palms facing down, elbows lifted

- & 1 Keeping fingers laced, raise right elbow up, cause down rippling through the wrists following through to the left elbow, while doing the handwork step back left (&), step forward right (1)
2 Keeping fingers laced, hold and turn 1/4 left
& 3 Keeping fingers laced, raise right elbow up cause down rippling through the wrists following through to the left elbow
& 4 Repeat counts &3
5 Raise right arm so elbow-shoulder is parallel to floor, also right palm facing forward and vertical, left fingers touching forearm just above crook of right elbow
6 Bring right hand down & under left arm, back of right hand touches left wrist, left hand moves up & down ending back of left hand facing floor keeping back of right hand on left wrist
7 Slide left hand towards you while moving right arm to right side ending with left hand grasping right elbow and turning 1/4 turn right

/End facing original wall at 12:00

- 8 Hold for (1) count still with left hand grasping right elbow

& KICK BALL POINT, KICK BALL POINT, UNWIND 1/2, UNWIND FULL

- & Dropping arms step right beside left
9 & 10 Kick left forward, step left beside right, point right toe to right side
11 & 12 Kick right forward, step right beside left, point left toe to left side
13 Keeping left toe pointing, unwind 1/2 turn left on (1) count

/End with legs crossed

- 14 - 16 Keeping legs crossed unwind (1) full turn right

/End with feet side by side

ARM MOVEMENTS (SIMILAR TO SNAKE ROLLS) HIP ROLLS

- 17 & 18 Move right arm to right side as you start a rippling effect across your arm, pushing hips to left side, turning head slightly to right side
19 & 20 Dropping right arm move left arm to left side as you start a rippling effect across your arm, pushing hips to right side, turning head slightly to left side
21 - 24 Dropping arms roll hips twice to the left over (4) counts

APPLEJACKS TRAVELING RIGHT WITH HAND POINTS, ROLLING VINE LEFT

- 25 Weight on left toe & right heel, swivel left heel & right toe right
& Weight on left heel & right toe, swivel left toe & right heel right
26 Weight on left toe & right heel, swivel left heel & right toe right
& Weight on left heel & right toe, swivel left toe & right heel right
27 Weight on left toe & right heel, swivel left heel & right toe right
& Weight on left heel & right toe, swivel left toe & right heel right
28 Weight on left toe & right heel, swivel left heel & right toe right

/As your doing counts 25-28, do the following hand movements:

- 25 Point right arm upwards to right diagonal like this '/'
& Right fingers touches center of chest
26 Right fingers touches left shoulder
& Right fingers touches right shoulder
27 Point right arm upwards to right diagonal like this '/'
& Right fingers touches center of chest
28 Point right fingers down to floor
29 - 32 Roll 1 1/4 turn left traveling to left side stepping left, right, left, right

/End facing left of original wall 9:00.

REPEAT

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