

**TOUCH FORWARD, TOUCH BACK, 1/4 TURN LEFT**

- 1 - 2 Touch left heel forward, touch left toe back  
3 - 4 Turn 1/4 left on both feet, close right foot beside left

**TOUCH FORWARD, TOUCH BACK, 1/4 TURN RIGHT**

- 5 - 6 Touch right heel forward, touch right toe back  
7 - 8 Turn 1/4 right on both feet, close left foot beside right

**SWIVETS, APPLE JACK STEPS**

- 9 - 10 Taking weight on left heel and right toe: twist both toes to the left and then back to center  
11 - 12 Change weight to right heel and left toe: twist both toes to the right and then back to center  
13 - 14 Taking weight on left heel and right toe: swivel left toe and right heel to left and then back to center  
15 - 16 Change weight to right heel and left toe: swivel right toe and left heel to right and then back to center

**TOUCH FORWARD, HOOK, STEP, TOUCH, 1/4 TURN RIGHT, TOUCH**

- 17 - 18 Touch right heel forward, hook right heel below left knee  
19 - 20 Step forward on right, touch left beside right  
21 - 22 Step back on left, touch right beside left  
23 - 24 Step 1/4 turn to right on right foot, touch left beside right

**STEP 1/4 TURN LEFT, TOUCH, 1-1/4 TURN RIGHT**

- 25 - 26 Step 1/4 turn left on left foot, touch right beside left  
27 - 30 Turn 1-1/4 to right (step right, left, right, close left beside right)

**JUMP, CROSS, ANKLE BREAK, JUMP, CROSS, UNWIND**

- 31 - 32 Jump landing with feet apart, jump again crossing right ankle over left  
33 - 34 Rock ankles once to the left and once to the right  
35 - 36 Jump landing with feet apart, jump again crossing right over left  
37 - 38 Unwind 1/2 turn to left, close right foot next to left

**REPEAT**

---