



Approved by:



# Apple Tree Polka

## 4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Forward Shuffle, Forward Rock, 1/2 Turn, Forward Lock Step, 1/4 Turn</b>		
1 & 2	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
3 & 4	Rock left forward. Recover onto right. Make 1/2 turn left stepping left forward. (6:00)	Rock & Turn	Turning left
5 – 6	Step right forward. Lock left behind right.	Step Lock	Forward
7 – 8	Step right forward. Make 1/4 turn right and touch left to left side. (9:00)	Step Turn	Turning right
<b>Section 2</b>	<b>Cross, Side, Left Sailor, Right Sailor, 1/4 Turn, Touch</b>		
1 – 2	Cross left over right. Step right to right side.	Cross Side	Right
3 & 4	Cross left behind right. Step right to right side. Step left to left side.	Left Sailor	On the spot
5 & 6	Cross right behind left. Step left to left side. Step right to right side.	Right Sailor	
7	Make 1/4 turn left and step left back. (6:00)	Turn	Turning left
8	Tap right toe back to right diagonal (facing left diagonal) with slight twist action.	Tap	On the spot
<b>Section 3</b>	<b>1/4 Turn x 2, Chasse 1/4 Turn, Forward-&amp;-Back, Back-&amp;-Forward</b>		
1	Make 1/4 turn right stepping right forward and across front of left.	Turn	Turning right
2	Make 1/4 turn right stepping left back and behind right.	Turn	
3 & 4	Step right 1/4 turn right. Close left beside right. Step right to right side. (3:00)	Quarter Turn Chasse	
5 & 6	Rock left forward. Recover onto right. Step left back, facing right diagonal.	Forward Rock Step	Back
7 & 8	Rock right back. Recover onto left. Step right forward, facing right diagonal.	Back Rock Step	Forward
<b>Section 4</b>	<b>Cross Rock, Chasse 1/4 Turn, Step, Pivot 1/2, Step, Pivot 1/4</b>		
1 – 2	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
3 & 4	Step left to side. Close right beside left. Make 1/4 turn left stepping left forward.	Chasse Quarter Turn	Turning left
5 – 6	Step right forward. Pivot 1/2 turn left (weight onto left).	Step Pivot	
7 – 8	Step right forward. Pivot 1/4 turn left (weight onto left). (3:00)	Step Turn	

**Choreographed by:** Michele Perron (CA) July 2010

**Choreographed to:** 'Forevermore' by Katie Herzig (120 bpm) from CD Apple Tree; also available as download from amazon.co.uk or iTunes (immediate start, on vocals)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)