

HEEL TOUCHES AND HOPS

- 1 & 2 Touch right heel forward twice, hop slightly right on left foot touching right foot next to left
3 & 4 Touch right heel forward twice, hop slightly right on left foot touching right foot next to left
5 & 6 Touch right heel forward twice, hop slightly right on left foot touching right foot next to left
7 & 8 Touch right heel forward twice, hop slightly right on left foot touching right foot next to left

/Low impact variation - kick right foot forward, step right on right foot, step together with left foot taking weight

TOE TAPS, STEP, KICK, STEP, STEP

- & 9 & 10 Step home on right foot, tap left toe directly in front of right foot, step home on left foot, tap right toe directly in front of left foot
& 11 & 12 Step home on right foot, tap left toe directly in front of right foot, step home on left foot, tap right toe directly in front of left foot
13,14 Step home on right foot, kick left foot forward
15,16 Step home on left foot, step in place with right foot

HEEL TOUCHES AND HOPS

- 17 & 18 Touch left heel forward twice, hop slightly left on right foot touching left foot next to right
19 & 20 Touch left heel forward twice, hop slightly left on right foot touching left foot next to right
21 & 22 Touch left heel forward twice, hop slightly left on right foot touching left foot next to right
23 & 24 Touch left heel forward twice, hop slightly left on right foot touching left foot next to right

/Low impact variation - kick left foot forward, step left on left foot, step together with right foot taking weight

TOE TAPS, STEP, KICK, STEP, STEP

- & 25 & 26 Step home on left foot, tap right toe directly in front of left foot, step home on right foot, tap left toe directly in front of right foot
& 27 & 28 Step home on left foot, tap right toe directly in front of left foot, step home on right foot, tap left toe directly in front of right foot
29,30 Step home on left foot, kick right foot forward
31,32 Step home on right foot, step in place with left foot

HOP BACK, CROSS STEPS, SIDE TOE TOUCHES, CROSS, UNWIND 1/2

- & 33,34 Hop back on ball of right foot, cross and step left foot over right foot, touch right toe out to right side
35,36 Cross and step right foot over left foot traveling slightly forward, touch left toe out to left side
37,38 Cross and step left foot over right foot traveling slightly forward, touch right toe out to right side
39,40 Cross and touch right foot over left foot, unwind 1/2 wall to the left

APPLEJACKS

- 41,42 Keeping weight on heel of right foot and ball of left foot swivel right toe and left heel to the right, swivel right toe and left heel back to center
43,44 Switching weight to heel of left foot and ball of right foot swivel left toe and right heel to the left, swivel left toe and right heel back to center
45,46 Switching weight to heel of right foot and ball of left foot swivel right toe and left heel to the right, swivel right toe and left heel back to center
47,48 Switching weight to heel of left foot and ball of right foot swivel left toe and right heel to the left, swivel left toe and right heel back to center

HOP BACK, CROSS STEPS, SIDE TOE TOUCHES, CROSS, UNWIND 3/4

- & 49,50 Hop back on ball of right foot, cross and step left foot over right foot, touch right toe out to right side
51,52 Cross and step right foot over left foot traveling slightly forward, touch left toe out to left side
53,54 Cross and step left foot over right foot traveling slightly forward, touch right toe out to right side
55,56 Cross and touch right foot over left foot, unwind 3/4 wall to the left

APPLEJACKS

- 57,58 Keeping weight on heel of right foot and ball of left foot swivel right toe and left heel to the right, swivel right toe and left heel back to center

- 59,60 Switching weight to heel of left foot and ball of right foot swivel left toe and right heel to the left, swivel left toe and right heel back to center
- 61,62 Switching weight to heel of right foot and ball of left foot swivel right toe and left heel to the right, swivel right toe and left heel back to center
- 63,64 Switching weight to heel of left foot and ball of right foot swivel left toe and right heel to the left, swivel left toe and right heel back to center

REPEAT

(29398)

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute