

- Section 1 Modified Apple Jacks (Single, Single, Double Pattern)**
1&2&3&4& Swivel R toes to R, and L heel to R(1)(making a "V" with your feet) Swivel R toes back to center and L heel back to center(&)(be sure to transfer the weight here) Swivel L toes to L, and L heel to L(2) Swivel L toes back to center and L heel back to center(&) Swivel R toes to R, and L heel to R(3) Swivel R toes back to center and L heel back to center(&) Swivel R toes to R, and L heel to R(4) Swivel R toes back to center and L heel back to center(&)
- 5&6&7&8 Swivel L toes to L, and R heel to L(5) Swivel L toes back to center and L heel back to center(&) Swivel R toes to R, and L heel to R(6) Swivel R toes back to center and L heel back to center(&) Swivel L toes to L, and R heel to L(7) Swivel L toes back to center and L heel back to center(&) Swivel L toes to L, and R heel to L(8)
- Note: 8 Count ends on an applejack with weight on ball of the right, and on the heel of left. Facing 12 o'clock**
- Section 2 Ball Step, Step, Heel Pumps 1/8 Left X2, Step, Hitch With (Optional) Cross Knee Slap, Step, Rock Recover With Chest Pump.**
&1,2, 3&4 Quickly step down on L(&) Walk forward R(1) Walk forward L(2) pump R heel as you make and 1/8 turn L(3) bring R knee up as you make 1/8 turn L(&) pump R heel to R side(4)
- 5&6, 7&8 Step R forward(5) Hitch L knee up; using your R hand coming across your body, slap the inside of the L knee(&) Step L down and slightly forward(6) Rock R forward bringing both arms up to shoulder height, palms down(7) Pump chest forward keeping your arms at shoulder height and bringing the arms slight back(&) Recover weight back on left as you push your arms forward to complete the chest pump(8) Facing 9 o'clock
- Section 3 Back Shuffle, ¼ Rock Recover Sways, Deep Hips Sway Left, Right, Double Hip Bumps Right**
1&2,3,4 Step back on R(1) Bring L foot together(&) Step R back(2) Making a ¼ turn L, step L foot out to L side and sway hips to the L(3) recover weight to R as you sway hips to R(4) Feet should be a little wider than shoulder width apart.
- 5,6,7&8 Bending the knees, dip slightly down as you sway hips to the L(5) Bending the knees, dip slightly down as you sway hips to the R(6) Sitting into L foot bump hips on a slight downward angle L(7) Bump hips up to R(&) Bump hips back down to L(8) Facing 6 o'clock
- Section 4 Ball Cross Step, Step Side, Sailor Step, Cross Shuffle, Step Forward ¼ Left, ¼ Left With Hitch**
&1,2,3&4 Quickly step down on R(&) Cross L over R(1) Step R to R side(2) Cross L foot behind R(3) Step R out to R side(&) Step L out to L side opening up to the L angle(4)
- 5&6,7,8 Cross right over left(5) Quickly step on ball of left(&) Cross right over left(6) Make a ¼ turn left stepping left forward(7) Hitch right knee up as you make another ¼ left(8) Facing 12 o'clock
- Tag-Start Here: Wall 5 Count(8) Make ¼ Turn Left Stepping or Stomping feet close together for Applejacks.**
- Section 5 Side Body Roll, Toe Dig, Ball Step, Step, Kick Out, Out**
1,2&3&4 Body roll down to the R (1) as you step slightly out to R sitting down into the R leg(2) Swivel L heel up and out to L(&) swivel L heel down and in(3) swivel L heel up and out to L(&) swivel L heel down and in(4)
- &5,6,7&8 Quickly step down on L(&) Walk forward R(5) Walk forward L(6) Kick R forward(7) step R slightly out to R(&) Step L slightly out to left(8) Feet should be a little wider than shoulder width apart. Facing 12 o'clock
- Section 6 Body Roll Down, Toes Heels Toes, Switches**
1,2,3&4 With weight on both feet, Body roll back. Start by bringing the head up, followed by the chest, push your hips slightly forward as you bring the head and chest down, then give a slight bend in the knees to sit into the end of the body roll(1,2) Bring both toes in(3) Bring both heels in(&) Bring both toes in(4) Weight to L
- 5&6&7&8 Touch right toes to right side(5) Quickly bring R in and switch weight to R(&) Point L toes to L side(6) Quickly bring L in and switch weight to L(&) Hitch R knee up(7) step down on R(&) Point L toes back(8) Facing 12 O'clock

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- Section 7** **Hitch Ball Point, Hitch Point Side, ½ Left, Left Shuffle, Cross Right Behind**
1&2, 3&4 Hitch L knee up(1) Step down on L(&) Point R toes back(2) Hitch R knee up(3) Step down on R(&) Point left toes side(4)
5, 6&7, 8 Hitch R knee up and make a half turn over the L shoulder keeping the weight on the ball of the R foot(5) Step L to L side(6) Bring R together(&) Step L to L side(7) Cross R behind L(8) Facing 6 o'clock
- Section 8** **& Cross Heel Grind ¼ Back Left, Coaster Step, 1 ¼ Turn Left, Step or Stomp**
&1,23&4 Quickly step L to L(&) Cross R heel over L(1) With weight on R heel, twist R toes to R side as you step L back to make a ¼ turn R(2) Step R back(3) Bring L together(&) Step R forward(4)
5,6,7,8 Step L forward(5) Make ½ turn L stepping back on R(6) Make a ½ L stepping forward on L(7) Make a ¼ L by keeping the weight on the ball of your L foot and bringing the R foot in for a step or stomp(8) Facing 6 o'clock
- Tag-Start:** **Wall:5 Dance the all the way through the first 32 counts. Omitting right hitch step on count 32 you will instead step or stomp down on the right foot to start the dance again from the beginning with applejacks. You are still making the ¼ turn left. The only thing that changes is the hitch.**
- Ending:** **You will dance the dance through one more time. S8 count, step L forward (5) Step R(6) spiral turn a ¾ turn over L to end the dance facing the front of the room, L leg crossed over R(7,8)**

Repeat and enjoy!