



## Apple Jack

Choreographed by: Unknown  
Description: 18 count, 4 wall, line dance  
Music: These Boots Are Made For Walking by Billy Ray Cyrus, Sold by John Michael Montgomery.  
Can be danced to any scottishe-tune.

*The first 8 counts of this dance are continuous weight transfers with double time toe-heel swivels.  
It takes lot of practice to get up to speed so don't get discouraged!  
The rest of the dance is a piece of cake!*

### **SWIVEL LEFT, CENTER. WEIGHT = LEFT HEEL-RIGHT TOES**

1 Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)  
& Swivel left toes back to center-right heel back to center (transfer weight)

*As you come back to center transfer weight on the & count throughout these first 8 patterns*

### **SWIVEL RIGHT, CENTER. WEIGHT = LEFT TOES-RIGHT HEEL**

2 Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)  
& Swivel right toes back to center-left heel back to center (transfer weight)

### **SWIVEL LEFT, CENTER-TWICE. WEIGHT = LEFT HEEL-RIGHT TOES**

3 Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)  
& Swivel left toes back to center-right heel back to center (no weight transfer)  
4 Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)  
& Swivel left toes back to center-right heel back to center (transfer weight)

### **SWIVEL RIGHT, CENTER-TWICE. WEIGHT = LEFT TOES-RIGHT HEEL**

5 Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)  
& Swivel right toes back to center-left heel back to center (no weight transfer)  
6 Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)  
& Swivel right toes back to center-left heel back to center (transfer weight)



**SWIVEL LEFT, CENTER. WEIGHT = LEFT HEEL-RIGHT TOES**

- 7 Swivel left toes to left-right heel to left (feet are in v position with toes pointed out)  
& Swivel left toes back to center-right heel back to center (transfer weight)

**SWIVEL RIGHT, CENTER. WEIGHT = LEFT TOES-RIGHT HEEL**

- 8 Swivel right toes to right-left heel to right (feet are in v position with toes pointed out)  
& Swivel right toes back to center-left heel back to center (change weight to left only)

**RIGHT HEEL FORWARD, BACK, CROSS ¼ RIGHT, LEFT TOUCH**

- 1-2 Right heel touch forward, right toe touch back  
3-4 Right step forward into ¼ turn right; left touch side left

**CROSS, TOUCH, CROSS, BACK, TOGETHER, JUMP & CLAP**

- 5-6 Left cross-step over right; right touch side right  
7-8 Right cross-step over left; left step back  
9-10 Right step next to left, jump forward with both feet, clap hands in the same count (end with feet shoulder width apart)

**REPEAT**