

Apple Jack

Note: When you start place you weight on left heel and weight on right toe. Remember heels always goes in and toes always go out.

Twist heels and toes to left center

Twist heels and toes to right center

Twist heels and toes to left and to left

Twist heels and toes to right an to right

Twist heels and toes to left center

Twist heels and toes to right center

Touch right heel out front

Touch right toe behind

Step forward with right foot and pivot on right foot $\frac{1}{4}$ turn (you must be turning to the right side)

Touch left toe out to the side of the right foot

Cross left foot in front and over of right foot

Touch right toe out to the side of the left foot

Cross right foot in front and over of left foot

Step back on left foot and bring right foot to it

Hop forward with both feet together one step

“Repeat—Dance starts over”