



An Apple a Day

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Ryan King (Nuline) April 2013
Music: An Apple a Day by Aqua

Intro: 24 Counts. Start on main vocal.

Walk Forward R L R, Kick L Forward, Walk Back L R L, Touch R Next to L

1 2 Step Forward Right, Step Forward Left.
3 4 Step Forward Right, Kick Left Foot Forward.
5 6 Step Back Left, Step Back Right.
7 8 Step Back Left, Touch Right Toe Next to Left.

R Grapevine, Touch L, Step L Touch R, Rock R Recover

1 2 Step Right to Right Side, Step Left Behind Right.
3 4 Step Right to Right Side, Touch Left Toe Next to Right.
5 6 Step Left to Left side, Touch Right Toe Next to Left.
7 8 Rock Out to Right Side, Recover Weight onto Left.

Right Grapevine, Left Grapevine

1 2 Step Right to Right Side, Step Left Behind Right.
3 4 Step Right to Right Side, Touch Left Toe Next to Right.
5 6 Step Left to Left Side, Step Right Behind Left.
7 8 Step Left to Left Side, Touch Right Toe Next to Left.

R Rocking Chair, Paddle x 2 1/8 turns L

1 2 Rock Forward on Right, Recover Weight Back onto Left.
3 4 Rock Back on Right, Recover Weight Forward onto Left.
5 6 Touch Right Toe Forward, Turn 1/8 Left.
7 8 Touch Right Toe Forward, Turn 1/8 Left.

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