

# An Apple a Day

**Count:** 32    **Wall:** 4    **Level:** Beginner

**Choreographer:** Ryan King (Nuline) April 2013

**Music:** An Apple a Day by Aqua

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**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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