

LAZY BOOTS WESTERN DANCERS

Corsham, Wiltshire

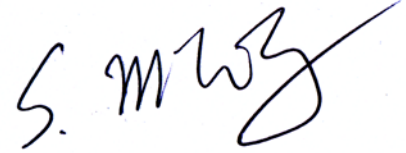
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Appelmas

Steel Toe Caps



Choreographers: Stu McGlary & Ann Helmore
Music: Quality Shoe by Mark Knopfler (CD The Ragpicker's Dream)
(or download from iTunes)
Description: 64 count partner dance. Start gent facing OLOD, lady facing ILOD, Double Hand hold. Opposite footwork, man's steps listed.

Toe Touches, Side Chasse, Rock Behind & Recover

Angle body slightly towards LOD

- 1 - 2 Touch left toe forward (*Lady touches forward also*), Touch left toe next to right
3 - 4 Touch left toe forward, Touch left toe next to right
5 & 6 Chasse to left stepping left, right, left
7 - 8 Rock onto right foot behind left, Recover weight onto left foot

Toe Touches, Side Chasse, Rock Behind & Recover

Angle body slightly towards RLOD

- 9 - 10 Touch right toe forward (*Lady touches forward also*), Touch right toe next to left
11 - 12 Touch right toe forward, Touch right toe next to left
13 & 14 Chasse to right stepping right, left, right
15 - 16 Rock onto left foot behind right, Recover weight onto right foot

Turning Toe Struts, Triple $\frac{3}{4}$ Turn, Heel & Toe Touches

- 17 - 18 Turning $\frac{1}{4}$ left step left toe forward, Step down on heel (*Lady Turns right*)
19 - 20 Turning $\frac{1}{4}$ left, step right toe forward, Step down on heel (*Man now facing ILOD*)
21 & 22 Triple $\frac{3}{4}$ turn to face LOD stepping left, right, left (*pick up inside hand hold*)
23 - 24 Touch inside heel forward, Touch inside toe back

$\frac{1}{4}$ Turn Step Touch, $\frac{1}{4}$ Turn Step Touch, $\frac{1}{4}$ Turn & Side Chasse, Step, Touch

- 25 - 26 Turning $\frac{1}{4}$ turn right step right forward, Touch left next to right
(*Raise inside hands lady passes to right of man under raised hands, turning to left*)
27 - 28 Turning $\frac{1}{4}$ turn right step left forward, Touch right next to left (*Now facing RLOD*)
29 & 30 Turning $\frac{1}{4}$ right, chasse right stepping right, left, right (*Pick up double hand hold*)
31 - 32 Step left next to right, Touch right next to left

33 - 64 Repeat counts 1 - 32 on opposite footwork

Note: At counts 57 - 60 man turns left under the raised arms.

BEGIN AGAIN (and mind your partner's toes!!)