



Edinburgh University Swing Dance  
Society notes on:

# La Grande Pomme



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“La Grande Pomme” is a big-apple sequence, choreographed by Angela Andrews and various swing dancers in the Montpellier region of France, especially Cathy and Gilbert, to “Jeep Jockey Jump”. These notes are compiled from study of a video of them performing this routine in the street outside The Comfy Pew in Gloucester in 1998. We think it is accurate, but please do let us know if we have made a mistake.

The dance begins with people running on (to the beat) and pairing up, facing each other but with no hold.

A theme:

- On 8-1-2 start a fall-off-the-log on the R foot, on 3 kick your R foot forward, on 4 drop on to your R foot and kick your L out to the side: say “Woo!!” and freeze.
- On 8-1-2 start a fall-off-the-log on the L foot, on 3 kick your L foot forward, on 4 drop on to your L foot and kick your R out to the side: say “Woo!!” and freeze.
- On 8-1-2 start a fall-off-the-log on the R foot, on 3 kick your R foot forward, on 4 drop on to your R foot and kick your L out to the side: say “Woo!!” and freeze.
- Suzy Q in a clockwise half-circle on your own axis, ending up with your back to your.

Direct repeat of A theme:

- On 8-1-2 start a fall-off-the-log on the R foot, on 3 kick your R foot forward, on 4 drop on to your R foot and kick your L out to the side: say “Woo!!” and freeze.
- On 8-1-2 start a fall-off-the-log on the L foot, on 3 kick your L foot forward, on 4 drop on to your L foot and kick your R out to the side: say “Woo!!” and freeze.
- On 8-1-2 start a fall-off-the-log on the R foot, on 3 kick your R foot forward, on 4 drop on to your R foot and kick your L out to the side: say “Woo!!” and freeze.
- Suzy Q in a clockwise half circle on your own axis, ending up facing your partner again

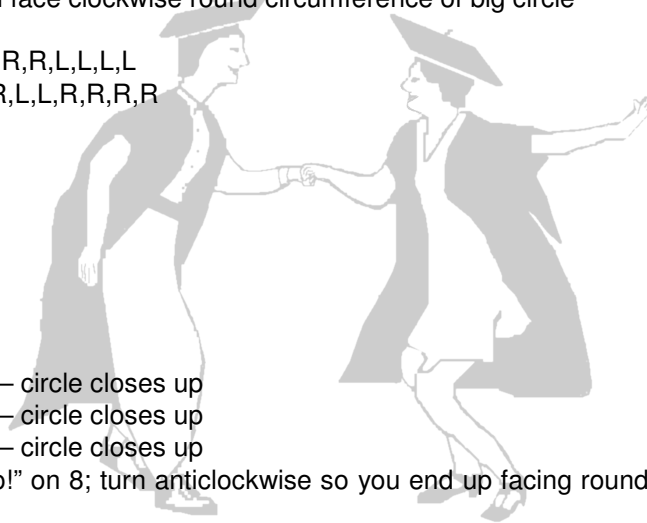
B theme:

- Flying Charleston(ish): on 1 kick R fwd, step back on your R on 3, rock step LR on 4,5, moving to the right of your partner and turning your back to them. Step on L 6 Frog on 7 (you are back to back)
- Flying Charleston the same way; you will be facing each other again on the rock step (and will have changed places from the start of this verse), and will be back to back again on the frog.
- Flying Charleston again, this time finish up facing, and in your original positions.
- Turn to your left, right round, frogging on 5.

Another direct repeat of the A theme:

- On 8-1-2 start a fall-off-the-log on the R foot, on 3 kick your R foot forward, on 4 drop on to your R foot and kick your L out to the side: say “Woo!!” and freeze.
- On 8-1-2 start a fall-off-the-log on the L foot, on 3 kick your L foot forward, on 4 drop on to your L foot and kick your R out to the side: say “Woo!!” and freeze.
- On 8-1-2 start a fall-off-the-log on the R foot, on 3 kick your R foot forward, on 4 drop on to your R foot and kick your L out to the side: say “Woo!!” and freeze.
- Suzy Q to the left, ending up facing your partner again.

- Cross Charleston, starting on 1, R-R
- “fail” to connect R-R so you carry on turning 2x (both to your left)
- Connect R-R and cross Charleston as before
- Begin Cross Charleston, but catch both her hands on 3 and face each other. Step to mark time (crazy legs)
- Swivel – swivel – swivel - swivel
- Swivel – swivel – swivel - swivel
- Turn lady’s back to you: ball ch backwards, forwards, backwards, forwards in tandem
- Swivel R – swivel L – swivel, swivel, swivel
- Follower (only) frog (1) – kick R forwards (3) then hop round to the right on R leg
- Leader – ditto
- Itch
- Itch – at end, all face clockwise round circumference of big circle
- Skate on L: L,L,R,R,L,L,L,L
- Skate on R: R,R,L,L,R,R,R,R
- Skate on L
- Full break
- Boogie fwd
- Boogie fwd
- Boogie fwd
- Full break
- Truck forwards – circle closes up
- Truck forwards – circle closes up
- Truck forwards – circle closes up
- Full break “Wool!” on 8; turn anticlockwise so you end up facing round the circumference a/c
- Truck
- Truck
- Truck
- Full break “Wool!” on 8; turn so you end up facing radially inwards
- On 8 Kick R out, 1 step back on R, 2 step back on L, 3 step fwd R and 4 fwd L then frog (this has the rhythm of the chase): face inwards at end
- Ditto, but cross behind on the step back so you face round the circle c/w
- Ditto, but cross so you end up facing radially outwards
- Mess around
- Walk off to the beat of the music.



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**To make request up-to-date copies, e-mail [Strolls@swingdoctors.org.uk](mailto:Strolls@swingdoctors.org.uk)**  
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