

# Toe Heel Cha Cha Cha

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**Count:** 24                      **Wall:** 4                      **Level:** Beginner - Polka

**Choreographer:** David Linger - France - July 2017

**Music:** "Cripple Creek" by Jim Rast & The Malones - 137 BPM

**Start of dance : at 16 seconds during the instrumental section...**

**Vocals introduction (Come on baby, can you do it just one more time.. oh, I don't know.. I'm pretty tired...**

**Come on, just one.. Huumm, all right, let's do it..) + 2 x 8 counts of instrumental music...**

**Toe, Heel, Triple Step on Place, Toe, Heel, Triple Step on Place**

- 1            Touch (tap) toe Rf beside Lf (R knee inside)
- 2            Touch (tap) heel Rf beside Lf (R knee outside)
- 3 & 4        Triple step (R-L-R) on place
- 5            Touch (tap) toe Lf beside Rf (L knee inside)
- 6            Touch (tap) heel Lf beside Lf (L knee outside)
- 7 & 8        Triple step (L-R-L) on place

**Note : Listen to the lyrics, the singer says : "Toe Heel Cha Cha Cha..."**

**2 R Kicks, Side R Triple, 2 L Kicks, Side L Triple**

**1 - 22 kicks Rf forward in left diagonal**

3 & 4        Triple step (R-L-R) to the right

**5 - 62 kicks Lf forward in right diagonal**

7 & 8        Triple step (L-R-L) to the left

**Walk, Walk, Triple Turn Twice with  $\frac{3}{4}$  Turn Right**

**1 - 22 steps (R-L) while beginning a  $\frac{3}{4}$  turn to the right**

3 & 4        Triple step (R-L-R) forward and continuing your turn

**5 - 62 steps (L-R) forward and continuing your turn**

**7 & 8** Triple step (L-R-L) forward finishing your  $\frac{3}{4}$  turn to the right (9:00)

**Note : It does exist a dance CRIPPLE CREEK (level Intermediate), choreographed by Kip Sweeney.**

**BE COOL, SMILE & HAVE FUN !!!**

**Contact: [www.david-linger.fr](http://www.david-linger.fr)**

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