

# A LITTLE HEEL AND TOE

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**Count:** 104

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** R.J. & Coleta Walker

**Music:** Cowboy Boogie by Randy Travis

## ROCK STEP, TOE, FLAT, TOE, FLAT, ROCK STEP

- 1-2 Step right back, left step
- 3-4 Right toe, flat
- 5-6 Left toe, flat
- 7-8 Step right back, left step

**On the toe, flat steps do it with a little twisting action**

## TOE, FLAT, TOE, FLAT, TWIST, TWIST, STEP, HOLD

- 1-2 Right toe, flat
- 3-4 Left toe, flat
- 5-6 On the balls of feet twist your heels right, then twist heels left
- 7-8 Right step in place, hold

## TOE, DIG, HEEL, HEEL, FLAT, STEP, STEP, HOLD

- 1-2 Left toe pointing inward, dig left while turning left on the ball of your right foot
- 3 Right heel down
- 4-5 Left heel, flat
- 6-7-8 Right step, left step, hold

## TOE, DIG, HEEL, HEEL, FLAT, STEP, STEP, HOLD

- 1-2 Right toe pointing inward, dig right while turning right on the ball of your left foot
- 3 Left heel down
- 4-5 Right heel, flat
- 6-7-8 Left step, right step, hold

## TOE, HEEL CLICK, TOE, HEEL CLICK, BRUSH, HEEL CLICK, STEP, HOLD

- 1-2 Left toe forward, right heel

- 3-4 Left toe back, right heel
- 5-6 Left brush, right heel
- 7-8 Left step, hold

**Heel click (go up onto the ball of your foot, and back down giving weight to that same foot)**

**TOE, HEEL CLICK, TOE, HEEL CLICK, BRUSH, HEEL CLICK, STEP, HOLD**

- 1-2 Right toe forward, left heel
- 3-4 Right toe back, left heel
- 5-6 Right brush, left heel
- 7-8 Right step, hold

**TWO SAILOR SHUFFLE WITH A HOLD**

- &1-2-3 Left brush back, left behind right, right step to the side, left step
- 4 Hold
- &5-6-7 Right brush back, right behind left, left step to the side, right step
- 8 Hold

**SAILOR SHUFFLE WITH A HOLD, STEP, STEP, ¼ TURN TOUCH, HOLD**

- &1-2-3 Left brush back, left behind right, right step to the side, left step
- 4 Hold
- 5-6-7 Right step in place, ¼ turn left step, right touch
- 8 Hold

**RIGHT GRAPEVINE, BRUSH, BRUSH, TOE, TOE, HOLD**

- 1-2-3 Right step to the side, left behind, right step to the side
- 4-5 Left brush forward, left brush back
- 6-7 Left toe taps behind right twice
- 8 Hold

**LEFT GRAPEVINE WITH ¼ TURN, BRUSH, BRUSH, TOE, TOE, HOLD**

- 1-2 Left step to the side, right behind
- 3 Left step with left ¼ turn
- 4-5 Right brush forward, right brush back

6-7 Right toe taps behind left twice

8 Hold

### **FOUR HEEL STRUTS FORWARD**

1-2 Right heel strut

3-4 Left heel strut

5-6 Right heel strut

7-8 Left heel strut

### **ROCK CROSS STEP, STEP, STEP, ROCK STEP, STEP, HOLD**

1-2 Right cross left, left step

3-4 Right step, left step

5-6 Right cross left, left step

7-8 Right step, hold

### **ROCK STEP, STEP, STEP, ROCK STEP, STEP, HOLD**

1-2 Left cross right, right step

3-4 Left step, right step

5-6 Left cross right, right step

7-8 Left step, hold

### **REPEAT**

### **TAG**

**Do tag on the third and fourth walls. On the fourth wall do tag twice**

### **FOUR STEP SLAPS BACK**

1-2 Step right back, left hand slap left thigh

3-4 Step left back, right hand slap right thigh

5-6 Step right back, left hand slap left thigh

7-8 Step left back, right hand slap right thigh