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Heel, Toe, Rodeo

Choreographer : Gary O'Reilly

Type of dance : 4 Wall

Level : Improver

Counts : 32

Intro : 8 counts

Music : Cowboy Up – by Kaylee Bell

Section 1: STOMP, HEEL & TOE & HEEL & FWD ROCK, TRIPLE FULL TURN

- 1 Stomp forward on R (1)
2 & 3 Tap L heel forward (2), step L next to R (&), touch R next to L (3)
& 4 & Step R next to L (&), tap L heel forward (4), step L next to R (&)
5 6 Rock forward on R (5), recover on L (6)
7 & 8 ½ R stepping forward on R (7), step L next to R (&), ½ R stepping forward on R (8) (12:00)

Section 2: FWD ROCK, ½, ½, COASTER STEP, KICK BALL STEP

- 1 2 Rock forward on L (1), recover on R (2)
3 4 ½ L stepping forward on L (3), ½ L stepping back on R (4) (12:00)
5 & 6 Step back on L (5), step R next to L (&), step forward on L (6)
7 & 8 Kick R forward (7), step R next to L (&), step forward on L (8)

Section 3: POINT & POINT & POINT HITCH POINT, R SAILOR, L SAILOR ¼

- 1&2& Point R to R side (1), step R next to L (&), point L to L side (2), step L next to R (&)
3 & 4 Point R to R side (3), hitch R knee in towards L (&), point R to R side (4)
5 & 6 Cross R behind L (5), step L to L side (&), step R to R side (6)
7 & 8 Cross L behind R (7), step R next to L (&), ¼ L stepping forward on L (8) (9:00) *Restart Wall 4

Section 4: WALK, ½, COASTER STEP, WALK, ½, COASTER STEP

- 1 2 Walk forward on R (1), ½ R stepping back on L (2) (3:00)
3 & 4 Step back on R (3), step L next to R (&), step forward on R (4)
5 6 Walk forward on L (5), ½ L stepping back on R (6) (9:00)
7 & 8 Step back on L (7), step R next to L (&), step forward on L (8)

START AGAIN

***RESTART: After 24 counts of Wall 4 facing (12:00), restart dance from the beginning.**

ENDING: Dance 8 counts of Wall 10, finish the dance facing (12:00) by adding a ¼ turn R stepping L to L side to finish (12:00).

Contact:

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