



## **HEEL AND TOE**

Choreographer: Preben Klitgaard, Denmark

Description: 48 Count + restarts - 4 Wall

Level: Beginner/Intermediate

Suggested Music: Rose-a-Lee by Smokie

Note: This dance is characterised by its change of speed and by its restarts, but don't let that put you off. The dance is a real floor-filler and easy to learn. The music has 2 speeds: slow and fast! You start out slowly, but once the fast music kicks in you restart the dance from count 1. Once the music returns to its slower pace, you restart the dance from count 1 again, no matter where you are in the dance.

### **L HEEL/TOE/HEEL/TOE/HEEL DIAGONALLY FORWARD, SLAP L FOOT, STOMP L/R**

- 1 Tap left heel diagonally forward to the left
- 2 Point left toe back turning left knee towards right knee
- 3 Tap left heel diagonally forward to the left
- 4 Point left toe back turning left knee towards right knee
- 5 Tap left heel diagonally forward to the left
- 6 Move left leg/foot backwards slapping left foot with left hand  
(you almost swing your left foot backwards)
- 7-8 Stomp left. Stomp right foot (stomp up - weight on left foot)
- 9-16 Repeat 1-8, but with right foot

### **STEP FW L, TAP R HEEL, POINT R TOE BACK, TAP R HEEL, STEP BACK R, POINT L TOE, TAP R HEEL, TOGETHER**

- 17-18 Step forward left (with weight). Tap right heel forward
- 19-20 Point right toe back. Tap right heel forward
- 21-22 Step back on right foot (with weight). Point left toe back
- 23-24 Tap left heel forward. Point left toe back

### **L HEEL FW, TOGETHER, HELLE SPLIT, R HEEL FW, TOGETHER, HEEL SPLIT**

- 25-26 Tap left heel diagonally forward. Step left next to right. Weight should be on both feet.
- 27-28 With feet together turn both heels out and in
- 29-30 Tap right heel diagonally forward. Step right next to left.
- 31-32 Repeat heel split
- 33-40 Repeat counts 25-32 (weight should end on right foot)

### **1/4 L, STOMP R, 1/4 R, STOMP L, FORWARD L WITH A 1/4 L, STOMP R, L, R.**

- 41-42 Step forward left turning 1/4 left. Stomp right next to left
- 43-44 Turn 1/4 right stepping back onto right foot. Stomp left next to right
- 45 Step forward left turning 1/4 left
- 46 - 48 Stomp right, stomp left, stomp right.

### **REPEAT**