

Heel, Toe, Rodeo

Count: 32

Wall: 4

Level: Improver

Choreographer: Gary O'Reilly (IRE) - November 2024

Music: Cowboy Up - Kaylee Bell : (iTunes, Amazon & Spotify)



#8 count intro

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 $\frac{1}{2}$ R stepping forward on R (7), step L next to R (&), $\frac{1}{2}$ R stepping forward on R (8) (12:00)

Section 2: FWD ROCK, $\frac{1}{2}$, $\frac{1}{2}$, COASTER STEP, KICK BALL STEP

- 1 2 Rock forward on L (1), recover on R (2)
- 3 4 $\frac{1}{2}$ L stepping forward on L (3), $\frac{1}{2}$ 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 $\frac{1}{4}$

- 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 (&), $\frac{1}{4}$ L stepping forward on L (8) (9:00) *Restart Wall 4

Section 4: WALK, $\frac{1}{2}$, COASTER STEP, WALK, $\frac{1}{2}$, COASTER STEP

- 1 2 Walk forward on R (1), $\frac{1}{2}$ 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), $\frac{1}{2}$ 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)

***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 $\frac{1}{4}$ turn R stepping L to L side to finish (12:00).

Contact:

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