

Heel, Toe, Rodeo



Choreographed by: Gary O'Reilly (November 2024)

Music: **Cowboy Up** by **Kaylee Bell**

Type: 4 wall, 32 counts

Level: Improver

NOTES 8 count intro, RESTART during wall 4 (wall starts towards 3 o'clock)

[1 – 8] STOMP, HEEL & TOE & HEEL &, ROCK FORWARD, TRIPLE FULL TURN

- 1 Stomp right forward.
- 2& Tap left heel forward, step left next to right.
- 3& Touch right next to left, step right next to left.
- 4& Tap left heel forward, step left next to right.
- 5 – 6 Rock right forward, recover onto left.
- 7 & 8 Make ½ turn right stepping right forward, step left next to right, make ½ turn right stepping right forward. [12:00]

[9 – 16] ROCK FORWARD, ½ LEFT, ½ LEFT, COASTER-STEP, KICK-BALL-STEP

- 1 – 2 Rock left forward, recover onto right.
- 3 – 4 Make ½ turn left stepping left forward, make ½ turn left stepping back on right. [12:00]
- 5 & 6 Step back on left, step right next to left, step left forward.
- 7 & 8 Kick right forward, step right next to left, step left forward.

[17 – 24] POINT & POINT & POINT-HITCH-POINT, SAILOR-STEP, ¼ TURN LEFT SAILOR-STEP

- 1&2& Point right to right side, step right next to left, point left to left side, step left next to right.
- 3 & 4 Point right to right side, hitch right knee in towards left, point right to right side.
- 5 & 6 Cross right behind left, step left to left side, step right to right side.
- 7 & 8 Cross left behind right, step right next to left, make ¼ turn left stepping left forward. [9:00]

RESTART *Here during 4th wall when facing 12 o'clock*

[25 – 32] WALK, ½ RIGHT, COASTER-STEP, WALK, ½ LEFT, COASTER-STEP

- 1 – 2 Walk right forward, make ½ turn right stepping back on left. [3:00]
- 3 & 4 Step back on right, step left next to right, step right forward.
- 5 – 6 Walk left forward, make ½ turn left stepping back on right. [9:00]
- 7 & 8 Step back on left, step right next to left, step left forward.

Start again!

ENDING Dance 8 counts of wall 10, finish the dance facing 12 o'clock by adding a ¼ turn right stepping left to left side to finish.