

# A Little Heel And Toe

**COPPER** KNOB  
STEPSHEETS

Count: 104

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: R.J. Walker (USA) & Coleta Walker (USA)

Musik: Cowboy Boogie - 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

---