

# Heel & Toe Polka (Sitting Version)

**COPPER** **KNOB**  
STEPSHETS

Count: 20

Wand: 0

Ebene:

Choreograf/in: Unknown

Musik: Let's Break Up Tomorrow - Scooter Lee



**Position: Put the chairs or wheelchairs in a circle**  
**Adapted for sitting dancers by Suzanne Hoffmann**

## HEEL AND TOE TAPS

- 1-2 Touch right heel forward, step right foot in place
- 3-4 Touch left heel forward, step left foot in place
- 5-8 Repeat steps 1-4

## 2 STATIONARY SHUFFLES

- 9&10 Cha-cha on the spot (right, left, right)
- 11&12 Cha-cha on the spot (left, right, left)

## GRAPEVINE TO THE RIGHT

- 13-14 Step right slightly to right, close left to right
- 15-16 Step right slightly to right, touch left toes to right toe

## GRAPEVINE TO THE LEFT

- 17-18 Step right slightly to right, close left to right
- 19-20 Step right slightly to right, touch left toes to right toe

**REPEAT**

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