

Heel, Toe, Holla!

Count: 56

Wall: 4

Level: Phrased Beginner / Improver

Choreographer: Jo Allsop (CYP) & Amber-Rose Hocking (CYP) - March 2025

Music: Line Dance Party - Liberty Boys



***3 Tags, 1 Restart

Part A (32 counts)

[1-8] Shuffle fwd, rock recover, shuffle back, rock recover

- 1 & 2 Right foot shuffle forward R,L,R
- 3, 4 Rock forward Left foot, recover Right
- 5&6 Left foot shuffles back L,R,L
- 7, 8 Rock back Right foot, recover Left

(Turning option: Shuffle right forward, step left forward and ½ pivot R, Shuffle left forward, step right forward and ½ pivot L)

[9-16] K-Step

- 1, 2 Right foot steps into the right diagonal, touch left next to right
- 3, 4 Left foot steps back diagonally, touch right next to left
- 5, 6 Right foot steps back diagonally, touch left next to right
- 7, 8 Left foot steps forward diagonally, touch right next to left

[17-24] Grapevines (or Rolling vines)

- 1,2,3,4 Right steps out to R, left steps behind R, right steps out to R, touch L next to right.
- 5,6,7,8 Left steps out to L, right steps behind L, left steps out to L, touch R next to left.

[25-32] Heel, toe, shuffle forward, stomp ¼ left turn hitch, coaster step

- 1, 2 Right heel taps forward, cross R over L and tap the R toe
- 3&4 Right foot shuffles forward R,L,R
- 5, 6 Stomp up Left next to R, ¼ turn left hitching the left leg
- 7&8 Left foot steps back, right steps back to meet left, left steps forward

(If you are struggling with the coaster step you can replace with a triple step in place L,R,L)

Part B 24 counts (almost the same as part A but without the K-Step)

[1-8] Shuffle fwd, rock recover, shuffle back, rock recover

- 1 & 2 Right foot shuffle forward R,L,R
- 3, 4 Rock forward Left foot, recover Right
- 5&6 Left foot shuffles back L,R,L
- 7, 8 Rock back Right foot, recover Left

(Turning option: Shuffle right forward, step left forward and ½ pivot R, Shuffle left forward, step right forward and ½ pivot L)

[9-16] Grapevines (or Rolling vines)

- 1,2,3,4 Right steps out to R, left steps behind R, right steps out to R, touch L next to right.
- 5,6,7,8 Left steps out to L, right steps behind L, left steps out to L, touch R next to left.

[17-24] Heel, toe, shuffle forward, stomp ¼ left turn hitch, coaster step

- 1, 2 Right heel taps forward, cross R over L and tap the R toe
- 3&4 Right foot shuffles forward R,L,R
- 5, 6 Stomp up Left next to R, ¼ turn left hitching the left leg
- 7&8 Left foot steps back, right steps back to meet left, left steps forward

(If you are struggling with the coaster step you can replace with a triple step in place L,R,L)

TAG: Forward touch, back touch (after walls 2, 6 & 11)

1,2,3,4 Step Right foot forward, touch left next to right, step left back, touch right next to left.

Restart: the restart happens on the 5th wall (2nd time you face 12 o'clock wall)

Dance the first 16 counts of Part A then restart phrase Part A.

Ending: Last wall you will dance 16counts of part A, cross right leg over left and do a full unwind to end up back at the 12 o'clock wall.

Phrasing: A, A, TAG, A, B, A(RESTART), A, TAG, A, B, A, A, A, TAG, A, B, A(first 16 counts & ending)

Any questions email Jo at info@medenterta
