

It's All Heels

Count: 60

Wall: 4

Level: Intermediate

Choreographer: Lesley Clark (SCO)

Music: Paralyzed - Ronnie McDowell



1&2&	Two right apple jacks
3&4&	Two left apple jacks
5-6	Right toe strut going back
7-8	Left toe strut going back
9-10	Right toe strut going back
11-12	Left toe strut going back
13-14	Step right, step left behind right
15-16	Step right, scuff left
17-18	Step left, step right behind left
19-20	½ turn left, scuff right
21-22	Step right, step left behind right
23-24	Step right, scuff left
25-26	Step left, step right behind left
27-28	¼ turn left, scuff right
29-30	Stomp right forward, fan out to right
31-32	Fan out to left, back to center
33-34	Left heel forward, right heel forward
35-36	Step back on left foot, step back on right foot
37-38	Stomp left forward, fan out to left
39-40	Fan out to right, back to center
41-42	Right heel forward, left heel forward
43-44	Step back on right foot, step back on left foot
45-46	Step forward right, lock left behind
47-48	Step forward right, scuff left
49-50	Step forward left, lock right behind
51-52	Step forward left, scuff right
53-54	Cross right toe over left, drop heel
55-56	Step back on left toe, drop heel
57-58	½ turn right on toe, drop heel
59-60	Step left toe beside right, drop heel

REPEAT
