

# Toe Heel Cha Cha Cha

**COPPER** KNOB  
STEPSHEETS

**Compte:** 24

**Mur:** 4

**Niveau:** Beginner - Polka

**Chorégraphe:** David Linger (FR) - July 2017

**Musique:** "Cripple Creek" by Jim Rast & The Malones – 137 BPM



**Start of dance :** at 16 seconds during the instrumental section...

**Vocals introduction** (Come on baby, can you do it just one more time.. oh, I don't know.. I'm pretty tired...  
Come on, just one.. Huumm, all right, let's do it..) + 2 x 8 counts of instrumental music...

## **Toe, Heel, Triple Step on Place, Toe, Heel, Triple Step on Place**

- 1 Touch (tap) toe Rf beside Lf (R knee inside)
- 2 Touch (tap) heel Rf beside Lf (R knee outside)
- 3 & 4 Triple step (R-L-R) on place
- 5 Touch (tap) toe Lf beside Rf (L knee inside)
- 6 Touch (tap) heel Lf beside Lf (L knee outside)
- 7 & 8 Triple step (L-R-L) on place

**Note :** Listen to the lyrics, the singer says : "Toe Heel Cha Cha Cha..."

## **2 R Kicks, Side R Triple, 2 L Kicks, Side L Triple**

- 1 – 2 2 kicks Rf forward in left diagonal
- 3 & 4 Triple step (R-L-R) to the right
- 5 – 6 2 kicks Lf forward in right diagonal
- 7 & 8 Triple step (L-R-L) to the left

## **Walk, Walk, Triple Turn Twice with $\frac{3}{4}$ Turn Right**

- 1 – 2 2 steps (R-L) while beginning a  $\frac{3}{4}$  turn to the right
- 3 & 4 Triple step (R-L-R) forward and continuing your turn
- 5 – 6 2 steps (L-R) forward and continuing your turn
- 7 & 8 Triple step (L-R-L) forward finishing your  $\frac{3}{4}$  turn to the right (9:00)

**Note :** It does exist a dance CRIPPLE CREEK (level Intermediate), choreographed by Kip Sweeney.

**BE COOL, SMILE & HAVE FUN !!!**

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