

# Heels and Toes

拍数: 32      墙数: 1      级数: Absolute Beginner  
编舞者: Sherry Kemp (USA) - September 2020  
音乐: One Way Ticket - Eruption : (Amazon & Apple Music)



No tags or restarts.

Begin 33 counts in on lyrics "Choo"

## S1: Step, heel, toe, heel touches ( L then R )

1-4            Step L, R heel touch forward, R toe touch back, R heel touch forward,

5-8            Step R, L heel touch forward, L toe touch back, L heel touch forward

## S2: Left and right toe struts forward and back

1-4            L toe touch forward, heel drop down, R toe touch alongside L, heel drop down,

5-8            L toe touch back, heel drop down, R toe touch back alongside L, heel drop down

## S3: Step forward, point, step back point, moving forward and back

1-4            Step L forward, R toe point forward, step R back, L toe point back,

5-8            ( Repeat 1-4 )

## S4: Vine left and right with dips

1-4            L step left, R cross behind L with a dip, L step left, R touch alongside L,

5-8            R step right, L cross behind R with a dip, R step right, L touch alongside R.

Option: S4: Vine dips during behind cross can be omitted if necessary.

This is a good floor split to higher level dances with this song version of One Way Ticket and Do Si Do by Diplo & Blanco Brown.

It is a simple dance for the new dancers that could be possible contra also and used with many more music options.

Last Update: 20 Apr 2022

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