

# Heel And Sole

拍数: 64                      墙数: 0                      级数:  
编舞者: Becky Leroy  
音乐: Shut Up and Kiss Me - Mary Chapin Carpenter



## STEP FORWARD, FOOT, SLAP, STEP BACK, TOUCH, REPEAT

- 1                      Step forward and diagonally to the right on right foot
- 2                      Cross left foot behind right leg and slap left foot with right hand
- 3                      Step back and diagonally to the left on left foot
- 4                      Touch right foot next to left
- 5-8                    Repeat beats 1-4

## MILITARY PIVOT TO THE LEFT, STOMPS, REPEAT

- 9                      Step forward on right foot
- 10                     Pivot  $\frac{1}{2}$  turn to the left on right foot and shift weight to left foot
- 11-12                 Stomp right foot next to left twice (stomp up on beat 12)
- 13-16                 Repeat beats 9 through 12

## DIAGONAL STEP-SLIDES, FOOT SLAPS

- 17                     Step forward and diagonally to the right on right foot
- 18                     Slide left foot up behind right
- 19                     Step forward and diagonally to the right on right foot
- 20                     Cross left foot behind right leg and slap left foot with right hand
- 21                     Step forward and diagonally to the left on left foot
- 22                     Slide right foot up behind left
- 23                     Step forward and diagonally to the left on left foot
- 24                     Cross right foot behind left leg and slap right foot with left hand

## STEP, KICK, RIGHT FOOT SLAPS, STEP, KICK, LEFT FOOT SLAPS

- 25                     Step forward on right foot
- 26                     Kick left foot forward
- 27-28                 Cross left foot behind right leg and slap left foot twice with right hand
- 29                     Step forward on left foot
- 30                     Kick right foot forward
- 31-32                 Cross right foot behind left leg and slap right foot twice with left hand

## MILITARY TURN TO THE LEFT, STOMPS, REPEAT

- 33                     Step forward on right foot
- 34                     Pivot  $\frac{1}{4}$  turn to the left on right foot and shift weight to left foot
- 35-36                 Stomp right foot next to left twice (stomp up on beat 36)
- 37-40                 Repeat beats 33-36

## WALK FORWARD, STOMP, STEP, CROSS, ROLLING TURN TO THE RIGHT, CROSS, SIDE STEP, TOUCH

- 41                     Walk forward on right foot
- 42                     Walk forward on left foot
- 43                     Walk forward on right foot
- 44                     Stomp left foot next to right (stomp down)
- 45                     Step to the right on right foot
- 46                     Cross left foot behind right and step
- 47                     Step to the right on right foot and begin a full turn to the right traveling to the right

- 48 Step on left foot and continue full traveling turn to the right
- 49 Step on right foot and complete full traveling turn to the right
- 50 Cross left foot over right and step
- 51 Step to the right on right foot
- 52 Touch left foot next to right

**SIDE STEP, CROSS, ROLLING TURN TO THE LEFT, CROSS, SIDE STEP; STOMP**

- 53 Step to the left on left foot
- 54 Right foot behind left and step
- 55 Step to the left on left foot and begin a full turn to the left traveling to the left
- 56 Step on right foot and continue full traveling turn to the left
- 57 Step on left foot and complete full traveling turn to the left
- 58 Cross right foot over left and step
- 59 Step to the left on left foot
- 60 Stomp right foot next to left (stomp down)

**RAMBLE RIGHT**

- 61 Swivel heels to the right
- 62 Swivel toes to the right
- 63 Swivel heels to the right
- 64 Swivel toes to the right

**REPEAT**

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