

# The Toe, Heel Step

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
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音樂: The Shake - Neal McCoy



Intro: 16 \*2 Tags! 1 at end of wall 4 and wall 8

## Toe, Heel, Fwd. Rocking Chair

1-4            Step on R Toe, drop down Heel, step on L Toe, drop down Heel (4 c's)  
5-8            Rock fwd. on R, rock back on L, rock back on R, return fwd. to L

Repeat 1-8 once more

## Toe, Heel Back, Rocking Chair

1-4            Step on R toe back, drop down Heel, Step back on L toe, drop down heel  
5-8            Step back on R, step fwd. on L, fwd. on R, rock back to L

## Vine R and L turning $\frac{1}{4}$ L on last step

1-8            Step R, L behind R, step R, touch L to R, Step L, R behind L, step L turning  $\frac{1}{4}$  L, touch R to L

## \*Tag's: Box Step at end of Wall 4 and wall 8 (8 counts each)

1-4            Step R, step L to R, step R back, touch L to R  
5-8            Step L, step R to L, step L fwd. touch R to L

This is a redo of my very first routine. At that time, I knew nothing about Tag's, so when I discovered that it had 2 tags in it, I decided to do it over and include them in it.

That's it! Enjoy! [mygeo@adamswells.com](mailto:mygeo@adamswells.com)

Last Update - 8 Sept. 2021

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