

# Heel & Toe Polka (Sitting Version)

**COPPER**KNOB  
BY STEPHENETS

拍數: 20      牆數: 0      級數:  
編舞者: Unknown  
音樂: Let's Break Up Tomorrow - Scooter Lee



**Position: Put the chairs or wheelchairs in a circle**  
**Adapted for sitting dancers by Suzanne Hoffmann**

## HEEL AND TOE TAPS

1-2            Touch right heel forward, step right foot in place  
3-4            Touch left heel forward, step left foot in place  
5-8            Repeat steps 1-4

## 2 STATIONARY SHUFFLES

9&10            Cha-cha on the spot (right, left, right)  
11&12            Cha-cha on the spot (left, right, left)

## GRAPEVINE TO THE RIGHT

13-14            Step right slightly to right, close left to right  
15-16            Step right slightly to right, touch left toes to right toe

## GRAPEVINE TO THE LEFT

17-18            Step right slightly to right, close left to right  
19-20            Step right slightly to right, touch left toes to right toe

**REPEAT**

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