

The Toe, Heel Step

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Georgie Mygrant (USA) - August 2020

Music: 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 ¼ 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 ¼ 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

Last Update - 8 Sept. 2021
