

Heel And Sole

Count: 64

Wall: 0

Level:

Choreographer: Becky Leroy

Music: 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 ½ 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 ¼ 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
