

HEEL, TOE, RODEO

Count: 32. Wall: 4. Level: Improver

Choreographer: Gary O'Reilly (IRE) - November 2024

Music: Cowboy Up by Kaylee Bell. Album: Cowboy Up - single

INTRO: 8 count. Weight on L. One Restart.

STOMP, HEEL-&-TOE-&-HEEL-&-ROCK FORWARD, RECOVER, TRIPLE FULL TURN RIGHT

1 Stomp R forward

2&3 Tap L heel forward, Step L beside R, Touch R beside L

&4& Step R beside L, Tap L heel forward, Step L beside R

5,6 Rock R forward, Recover onto L

7&8 Turn ½ right step R forward, Step L beside R, Turn ½ right step R forward **[12:00]**

ENDING: see below

ROCK FORWARD, RECOVER, 1/2 LEFT, 1/2 LEFT, COASTER BACK, KICK-BALL-STEP

1,2 Rock L forward, Recover onto R

3,4 Turn ½ left step L forward, Turn ½ left step R back **[12:00]**

5&6 Step L back, Step R beside L, Step L forward

7&8 Kick R forward, Step ball of R beside L, Step L forward

POINT-&-POINT-&-POINT-HITCH-POINT, SAILOR, 1/4 LEFT SAILOR

1&2& Point R to right, Step R beside L, Point L to left, Step L beside R

3&4 Point R to right, Hitch R knee in towards L, Point R to right

5&6 Step R behind L, Step L to left, Step R to right

7&8 Turn ¼ left step L behind R, Step R to right, Step L to left **[9:00]**

RESTART: Wall 4

WALK, 1/2 RIGHT, COASTER BACK, WALK, 1/2 LEFT, COASTER BACK

1,2 Step R forward, Turn ½ right step L back **[3:00]**

3&4 Step R back, Step L beside R, Step R forward

5,6 Step L forward, Turn ½ left step R back **[9:00]**

7&8 Step L back, Step R beside L, Step L forward

32 REPEAT

RESTART: During Wall 4 dance to count 24 and Restart facing 12:00.

ENDING: During Wall 10 dance to ocount 8 then:

TURN 1/4 RIGHT STEP L TO LEFT to finish at 12:00.