

# 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](mailto:mygeo@adamswells.com)

Last Update - 8 Sept. 2021