



Dance: **Heel, Toe, Rodeo**
Type: 32 Count, 4 Wall, Improver
Choreographer: Gary O'Reilly (IRE), November 2024
Choreographed to: Cowboy Up by Kaylee Bell (112 bpm, 2:44 min)

Intro: Start after count 8

Section 1	Stomp, Heel Toe Switch x 3, Forward Rock, Full Triple Turn	
1	Stomp right forward	Stomp
2&	Touch left heel forward. Step left beside right	Heel, &
3&	Touch right beside left. Step right beside left	Toe, &
4&	Touch left heel forward. Step left beside right	Heel, &
5,6	Rock forward on right. Recover on left	Forward rock
7&	Turn 1/2 right stepping right forward (6:00). Step left beside right	Full triple turn
8 @	Turn 1/2 right stepping left forward (12:00)	
	<i>Non-turning steps 7-8: Coaster Step</i>	
7&8 @	<i>Step right back. Step left beside right. Step right forward</i>	<i>Coaster step</i>
Section 2	Forward Rock, Full Turn, Coaster Step, Kick-Ball Step	
1,2	Rock forward on left. Recover on right	Forward rock
3,4	Turn 1/2 left stepping left forward. Turn 1/2 left stepping right back	Full turn
	<i>Non-turning steps 3-4: Walk back x 2</i>	
3,4	<i>Walk back stepping left, right</i>	<i>Back, back</i>
5&6	Step left back. Step right beside left. Step left forward	Coaster step
7&8	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step
Section 3	Point Switch x 3, Hitch, Point, Sailor Step, Modified Sailor 1/4	
1&	Point right to right side. Step right beside left	Point, &
2&	Point left to left side. Step left beside right	Point, &
3&4	Point right to right side. Hitch right towards left. Point right to right side	Point, hitch, point
5&6	Cross right behind left. Step left to left side. Step right to right side	Sailor step
7&8*	Turn 1/4 left crossing left behind right (9:00). Step right to right side. Step left forward	Sailor turn
Section 4	(Step, 1/2 Turn, Coaster Step) x 2	
1,2	Step right forward. Turn 1/2 right stepping left back (3:00)	Step, turn
3&4	Step right back. Step left beside right. Step right forward	Coaster step
5,6	Step left forward. Turn 1/2 left stepping right back (9:00)	Step, turn
7&8	Step left back. Step right beside left. Step left forward	Coaster step
Restart	* Wall 4 (3:00) after 24 Counts (restart facing 12:00)	
Ending	@ Wall 10 (9:00) after 8 Counts (facing 9:00)	
	1/4 Turn	
1	Turn 1/4 right stepping left to left side (12:00)	Turn
