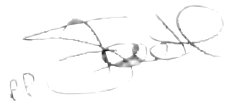




Approved by:



Heels & Splits

4 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Heels, Splits		
1 - 2	Dig right heel forward. Step right beside left.	Heel Together	On the spot
3 - 4	Dig left heel forward. Step left beside right.	Heel Together	
5 - 6	Split heels apart. Return heels to centre.	Heel Split	
7 - 8	Split heels apart. Return heels to centre.	Heel Split	
Section 2	Heels, Splits (Repeat of Section 1)		
1 - 2	Dig right heel forward. Step right beside left.	Heel Together	On the spot
3 - 4	Dig left heel forward. Step left beside right.	Heel Together	
5 - 6	Split heels apart. Return heels to centre.	Heel Split	
7 - 8	Split heels apart. Return heels to centre.	Heel Split	
Section 3	Grapevine Right, Touch, Grapevine Left, Touch		
1 - 2	Step right to right side. Cross left behind right.	Side Behind	Right
3 - 4	Step right to right side. Touch left beside right and clap.	Side Touch	
5 - 6	Step left to left side. Cross right behind left.	Side Behind	Left
7 - 8	Make 1/4 turn left stepping left forward. Touch right beside left.	Turn Touch	Turning left
Section 4	Jump Forward x 2, Clap, Jump Back x 2, Clap, Knee Pops		
& 1 - 2	Small jump forward right. Small jump forward left. Clap.	Jump Jump Clap	Forward
& 3 - 4	Small jump back right. Small jump back left. Clap.	Back Back Clap	Back
5 - 6	Push left knee forward, lifting heel. Push right knee forward, lifting heel.	Knee Pops	On the spot
7 - 8	Push left knee forward, lifting heel. Push right knee forward, lifting heel.	Knee Pops	
Option	For fun with claps, clap hands with person next to you!		

Choreographed by: Michelle Risley (of Peace Train) (UK) October 2006

Choreographed to: 'Little Bitty Pretty One' by Billy Gilman (169 bpm) from CD One Voice (64 count intro)

Music Suggestion: 'Rockin' Robin' by Bobby Day (185 bpm) from CD Rockin' Robin: The Best of Bobby Day (32 count intro); also downloadable from iTunes

Choreographer's Notes: This was arranged for our Breakthrough Breast Cancer Charity Event October 2006. It is a nice little upbeat dance that can be used for alternative floor splits to lots of tracks.