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It's All Heels

60 count, 4 wall, Beginner/Intermediate level

Choreographer : Lesley Clark (Scotland)

Choreographed to : Paralyzed by Ronnie McDowell, Unchained Melody (178 bpm)

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- 1&2& Two right applejacks
3&4& Two left applejacks
- 5-6 Right toe strut back
7-8 Left toe strut back
9-10 Right toe strut back
11-12 Left toe strut back
- 13-14 Step to right, left behind right
15-16 Step to right, scuff left beside right
17-18 Step to left, right behind left
19-20 1/2 turn left, scuff right beside left
- 21-22 Step to right, left behind right
23-24 Step to right, scuff left beside right
25-26 Step to left, right behind left
27-28 1/4 turn to left, scuff right beside left
- 29-30 Stomp right forward, fan toes left
31-32 Fan right, back to centre
33-34 Dig Left heel forward, dig right heel forward
35-36 Step back left, step back right
- 37-38 Stomp left forward, fan toes right
39-40 Fan left, back to centre
41-42 Dig right heel forward, dig left heel forward
43-44 Step back right, step back left
- 45-46 Step forward right, lock left behind
47-48 Step forward right, scuff left beside right
49-50 Step forward left, lock right behind
51-52 Step left forward, scuff right beside left
- 53-54 Cross right toe over left, drop right heel
55-56 Step back on left toe, drop left heel
57-58 1/2 turn right on toe, drop right heel
59-60 Step left toe next to right, drop left heel