

Heels In My Hand

48 Count, 4 Wall, Beginner
Choreographed by: Lesley Miller. Jan 2020
Choreographed to:
High Heels by Melanie C (Ft Sink the Pink)
Intro: 32 Counts - on instrumental.

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Section 1 STEP LOCK STEP SCUFF X 2

1 2 3 4 Step RF forward, lock LF behind R, step R, scuff LF

5 6 7 8 Step LF forward, lock RF behind L, step L, scuff RF

Section 2 JAZZ BOX WITH STRUTS

1 2 3 4 Cross RF toe over L, lower R heel, step LF back on the toe lower L heel

5 6 7 8 Step RF to R side on toe, lower R heel, step Lf to R

Section 3 FOOT TWISTS X 3 ¼ TURN SCUFF

1 2 3 4 Twist heels to R, Twist toes to R, Twist heels to R, flick LF behind R knee

5 6 7 8 Step LF to L, step RF behind L, step LF ¼ turn L, Scuff RF forward

Section 4 SLOW PIVOT ½ TURN JAZZ BOX

1 2 3 4 Step RF forward hold, 1/2 turn L hold,

5 6 7 8 Cross RF over L, step back LF, step RF to R, step LF to RF

Section 5 OPEN BOX GRAPEVINE R

1 2 3 4 Step RF to R corner, step LF to L corner, step back RF, step LF to RF

5 6 7 8 Step RF to R, Step LF behind R, Step RF to R, tap LF to RF

Section 6 GRAPEVINE L 4X KNEE SWITCHES

1 2 3 4 Step LF to L, step RF behind L, Step LF to L, tap RF to LF

5 6 7 8 Lower R heel bending L knee inwards, Lower L heel bending R knee inwards,
Lower R heel bending L knee inwards, Lower L heel bending R knee inwards.

Ending: Half turn the last grapevine to the left to finish facing front