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# HEELS & SPLITS

4 WALL - 32 COUNTS – LINE DANCE

**PREPARED BY:** SADIAH HEGGERNES (Tif. 33 05 87 94 Mob. 902 04 440)  
**LEVEL OF DIFFICULTY:** BEGINNER  
**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.

## Section 1 Heels, Splits

1 - 2 Dig right heel forward. Step right beside left.  
3 - 4 Dig left heel forward. Step left beside right.  
5 - 6 Split heels apart. Return heels to centre.  
7 - 8 Split heels apart. Return heels to centre.

## Section 2 Heels, Splits (Repeat of Section 1)

1 - 2 Dig right heel forward. Step right beside left.  
3 - 4 Dig left heel forward. Step left beside right.  
5 - 6 Split heels apart. Return heels to centre.  
7 - 8 Split heels apart. Return heels to centre.

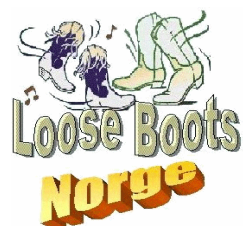
## Section 3 Grapevine Right, Touch, Grapevine Left, Touch

1 - 2 Step right to right side. Cross left behind right.  
3 - 4 Step right to right side. Touch left beside right and clap.  
5 - 6 Step left to left side. Cross right behind left.  
7 - 8 Make 1/4 turn left stepping left forward. Touch right beside 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.  
& 3 - 4 Small jump back right. Small jump back left. Clap.  
5 - 6 Push left knee forward, lifting heel. Push right knee forward, lifting heel.  
7 - 8 Push left knee forward, lifting heel. Push right knee forward, lifting heel.

**Option For fun with claps, clap hands with person next to you!**



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