

Heel and Toe

(Ireland)

Also called "Heel and Toe Polka.." Dance comes from Fermanagh and Tyrone.

Music: Polkas or marches

2/4 or 4/4 meter

Cassette: Cosa Gan Bhroga #111

Formation: Couples in waltz hold.

Meas

Pattern

INTRODUCTION

PATTERN

- 1 Heel, toe. Beg M L, W R.
- 2 Walk 2 steps in LOD (cts 1,2).
- 3-4 Turn halfway CW as a couple with two 1-2-3s (3 steps)(cts 1,&,2). Optionally, make a full turn CW.
- 5-8 Repeat meas 1-4.
- 9-14 Turn CW as a couple (as many times as comfortable) with six 1-2-3s.
- 15-16 Continue turning with four hop-steps (or continue with 1-2-3s). End facing LOD.

Repeat dance from beginning until music ends.

Presented by Danny and Joan Hathaway