

Heel Toe, Turn Me Loose AB

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Haylie Petho (AUS) - September 2026

Music: Doublewide - Gabriella Rose



Tags: 0 Restarts: 1

Wall 7 : During Pause facing 6:00 - Pause is only 2 counts - ¼ L to 3:00 and restart

Intro: Approx 32 counts on second verse

R Vine, L Vine

- 1-4 Step RF to R (1), cross LF behind RF (2) Step RF to R (3) Step LF next to RF (4)
5-8 Step LF to L (5), cross RF behind LF (6), Step LF to L(7), Step RF next to LF (8) (style with a mini jump and Clap at the end of the grapevine)

R toe, R heel, Triple Step (R,L,R), L toe, L heel, Triple Step (L,R,L),

- 1-4 Touch R toe beside L with knee pointing toward L (1), Touch R heel forward with toe pointing outward (2), Triple step on the spot (3&4)(R,L,R)
5-8 Touch L toe beside R with knee pointing toward R (5), Touch L heel forward with toe pointing outward (6), Triple step on the spot (7&8)(L,R,L)

R forward shuffle, L forward rock recover, L back shuffle, R back rock recover

- 1-4 Step R forward(1), Step L next R (&), Step R forward (2) Step L forward Rock (3), Recover weight to R foot (4)
5-8 Step L backward (5), Step R backward next to L (&), Step L backward (6) Step R backward Rock (7), Recover weight to L foot (8)

R step forward and out (shoulder width), Pause, R ¼ turn Paddle L with butt circle, 2 hip bumps (R,L)

- 1-4 Step R forward and out to be shoulderwidth apart(1), Pause (2,3,4)
(Restart is here during pause on wall 7 facing 6:00, pause will only be 2 counts the do a ¼ turn L and restart on 3:00 wall)
5-8 Step R forward (5), pivot on feet to turn ¼ turn L while pushing butt backward for a butt circle (6), R hip bump (7), L hip bum(8)

Styling options to make the dance a higher level:

Replace R vines with R step behind - heel switch

Replace vines with rolling vines

Replace Triple steps with coaster steps

Replace rock recovers with ½ pivots