

Heel and Toe

Susan Salidor

The next song is "Heel and Toe." It's a dance song that can be done alone, with a partner or in a circle. First time through try to follow the action words by yourself.

Heel and toe
Heel and toe
March and march in place
Heel and toe
Heel and toe
March and march in place

Around and around
around and around
Around and around
And around

Around and around
around and around
Around and around
And around

Excellent! This time find a partner, face each other, and hold hands. When it's time to spin, gently turn your partner holding hands or with your elbows linked. Here we go!

Heel and toe
Heel and toe
March and march in place
Heel and toe
Heel and toe
March and march in place

Around and around
around and around
Around and around
And around

Around and around
around and around
Around and around
And around

That was terrific! This last time through let's make a big circle by holding hands. And when it's time to spin, the whole circle will move in a circle dance. Here we go!

Heel and toe
Heel and toe
March and march in place
Heel and toe
Heel and toe
March and march in place

Around and around
Around and around
Around and around
And around

Around and around
Around and around
Around and around
And around

Around and around
Around and around
Around and around
And around

Around and around
Around and around
Around and around
And around

Take a bow!