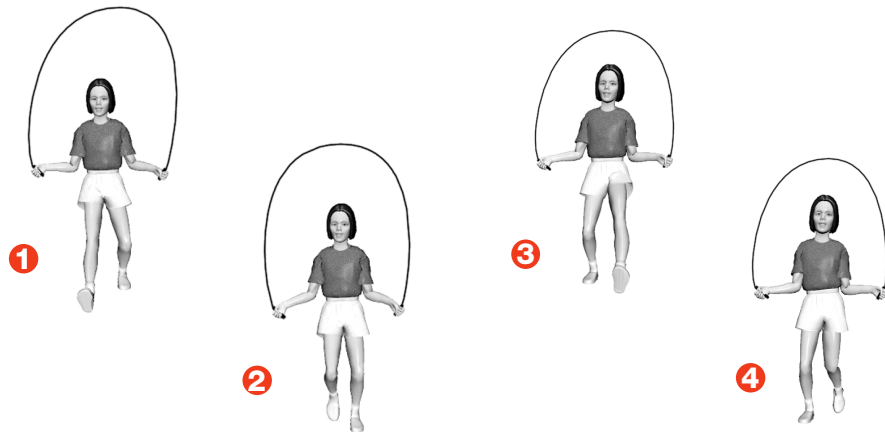


## 27 Heel-to-Toe

Prerequisites: Heel-to-Heel, Toe-to-Toe

**cues:** *heel • toe • heel • toe*

1. Jump over the rope and land on your left foot, touching your right heel to the floor in front.
2. Jump over the rope and land on your left foot again, touching your right toe to the floor in back.
3. Jump over the rope and land on your right foot, touching your left heel to the floor in front.
4. Jump over the rope and land on your right foot again, touching your left toe to the floor in back.



**tips:** See tips for Heel-to-Heel and Toe-to-Toe. • Jump twice in a row on the same foot. • The motion is similar to the heel-toe motion in a polka.