

# Heel, Toe | Circle Dance

## SONG STRUCTURE

- ☆ 4/4 & 2/4 Time
- ☆ Square Dance/Country Feel
- ☆ Tempo = Rubato Rules (tempo flexibility)
  - I use a range from 130 – 160 depending on group process
    - 8<sup>th</sup> Note Pattern | 1 + 2 + 3 + 4 +
    - Can also be felt in a 16<sup>th</sup> note pattern | 1 e & a...
- ☆ MT Purpose = Partner Work, Group Movement, Learning Dance Steps
  - Social, Physical, Relational, Body Language & Regulation

## VERSE

Heel – Toe	G
Bow to your partner	C
Heel – Toe	G
Bow to your partner	D
Heel – Toe	G
Bow to your partner   ...   ...	C   C7   C
Ev -   - erybody take a chance and	C7   G!
Cir-cle	2/4   D D
Dance   ...   ...   ...	G   G   G   G

## CHORUS

Circle to the <u>LEFT</u>	C
Round & round	F
Circle to the <u>LEFT</u>	C
UP and DOWN	G G7
Circle to the <u>RIGHT</u>	C
Round & round   ...	F   F7
...   ...	F   F7
Everybody take a chance	D!
<b><i>Everybody take a chance</i></b>	D!
Everybody take a chance and	D!
Cir-cle	2/4   D D
Dance   ...   ...   ...	G   G   G   G

## VERSE OPTIONS

- Wiggle your knees – And bow to your partner
- Reach for the sky – And bow to your partner
- Wave & say “HI!” – And bow to your partner
- Doh-si-doh – And bow to your partner (this requires practice!)