

HEELBALL

Meaning: Heelball refers to a dance or fitness step that involves a quick shift of weight from the heel to the ball of the foot, often used in various rhythmic movements.

1. The dancer executed a perfect heelball step, showcasing her incredible technique.
2. During the fitness class, the instructor emphasized the importance of mastering the heelball movement.
3. He stumbled during the routine but quickly recovered with a smooth heelball transition.
4. In traditional tap dancing, the heelball is essential for achieving a rhythmic sound.
5. Practicing the heelball can significantly enhance your overall dance performance.

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