Dig Your Heels

Compte: 52

Niveau: Phrased Intermediate

Chorégraphe: Maddison Glover (AUS) - October 2016

Musique: Here's to You & I - The McClymonts

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Dance begins a	fter count 16 - Sequence: A, B, A, A, A, A, B, A,A,A,TAG, TAG+, A,A,TAG
Part A: 32 count A1: Kick Front, 3	ts Side, Sailor, Kick Front, Side, ¼ Coaster
1,2,3&4	Kick R fwd, kick R to R side, step R behind L, step L to L side, step R slightly to R
5,6,7	Kick L fwd, kick L to L side, step L back whilst beginning to turn ¼ L,
&8	Complete ¼ turn L by stepping R beside L, step L slightly fwd (9:00)
A2: Shuffle Forv	vard x2, Rock/Replace, Full Turn Travelling Back
1&2,3&4	Step R fwd, step L together, step R fwd, step L fwd, step R together, step L fwd
5,6	Rock R fwd, replace weight back onto L
7,8,	Make ½ turn over R stepping R fwd, make ½ turn over R stepping back on L (9:00)
A3: 1/4 Side Shu	ffle, Cross, Back, Side Shuffle Back on Diagonal, Cross, Side
1&2	Turn ¼ R stepping R to R side, step L together, step R to R side (angle shoulders right) (12:00)
3,4	Cross L over R, step R back onto R diagonal,
5&6	Step L back on L diagonal (angle shoulders towards 10:30), step R together, step back on L diagonal
7,8	Still facing (10:30): Cross R over L, square up to (12:00) by stepping L to L side
A4: Sailor, Turn	ing Coaster, Point Forward, ½ Flick, Walk Forward x2
1&2	Step R behind L, step L to L side, step R slightly to R
3	Step L back whilst beginning to turn ¼ L,
&4	Complete 1/4 turn L by stepping R beside L, step L slightly fwd (9:00)
5,6	Point R fwd, flick R behind as you make 1/2 turn over L (pivot on ball of L foot) (3:00)
7,8	Walk Fwd: R, L
Part B: 20 count	ts
-	ccurs TWICE throughout the dance, both beginning on and ending facing 3:00. ront, Side, Behind (sweep), Behind, Side, Cross, Side, Rock, Cross, ½ Hinge
1	Step R fwd as you sweep L around clock-wise
2&3	Cross L over R, step R to R side, step L behind R as you sweep R around clockwise
4&5	Step R behind L, step L to L side, cross R over L
6&7	Rock L to L side, replace weight onto R, cross L over R,
8&	Turn ¼ L stepping back on R, turn ¼ L stepping L to L side (9:00)
B2: Repeat the above '8& counts' 1,2&3,4&5,6&7,8&	

B3: Cross, Back, Side, Hop Forward

1,2,3,4 Cross R over L, step back on L, Step R to R side, hop fwd with both feet 3:00

#16 Count Tag: Whenever they sing "Dig Your Heels"

TS1: Heel, Hitch, Heel, Together, Heel, Hitch, Heel, Together, ½ Turn Walk Around

- 1&2& Touch R heel fwd, slightly hitch R knee up, touch R heel fwd, step R together
- 3&4& Touch L heel fwd, slightly hitch L knee up, touch L heel fwd, step L together





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5,6,7,8 Making ½ Arc over L: Walk R, L, R, L (Clap on each step) "clap your hands and make a sound"

TS2: Box Step, Travelling Dwight Swivels

- 1,2,3,4 Cross R over L, step back on L, step R to R side, cross L over R (6:00)
- 5,6 Touch R toe besides L whilst turning R knee in towards L knee, touch R heel fwd on R diagonal
- 7,8 Touch R toe besides L whilst turning R knee in towards L knee, touch R heel fwd on R diagonal

Note: The above 4 counts are completed slightly travelling right.

Alternative for the swivels: R side, L together, R side, L together.

When completing the Tag for the second time, add an extra 4 Dwight swivels "come here boy and kiss my lips"

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