## Dig Your Heels

拍数： 52
境数： 4
级数：Phrased Intermediate
编舞者：Maddison Glover（AUS）－October 2016
音乐：Here＇s to You \＆I－The McClymonts

## Dance begins after count 16 －Sequence：A，B，A，A，A，A，B，A，A，A，TAG，TAG＋，A，A，TAG

## Part A： 32 counts

A1：Kick Front，Side，Sailor，Kick Front，Side， $1 / 4$ Coaster
$1,2,3 \& 4 \quad$ Kick $R$ fwd，kick $R$ to $R$ side，step $R$ behind $L$ ，step $L$ to $L$ side，step $R$ slightly to $R$
$5,6,7 \quad$ Kick $L$ fwd，kick $L$ to $L$ side，step $L$ back whilst beginning to turn $1 / 4 L$ ，
\＆8 $\quad$ Complete $1 / 4$ turn $L$ by stepping $R$ beside $L$ ，step $L$ slightly fwd（9：00）
A2：Shuffle Forward 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 $1 / 2$ turn over R stepping R fwd，make $1 / 2$ turn over R stepping back on L（9：00） |

A3： $1 / 4$ Side Shuffle，Cross，Back，Side Shuffle Back on Diagonal，Cross，Side
$1 \& 2 \quad$ Turn $1 / 4 R$ 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，Turning Coaster，Point Forward， $1 / 2$ Flick，Walk Forward x 2
1\＆2 Step $R$ behind $L$ ，step $L$ to $L$ side，step $R$ slightly to $R$
3
Step $L$ back whilst beginning to turn $1 / 4 \mathrm{~L}$ ，
\＆4 Complete $1 / 4$ turn $L$ by stepping $R$ beside $L$ ，step $L$ slightly fwd（9：00）
$5,6 \quad$ 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 counts
B1：Nightclub occurs TWICE throughout the dance，both beginning on and ending facing 3：00．
Fwd（sweep），Front，Side，Behind（sweep），Behind，Side，Cross，Side，Rock，Cross， $1 / 2$ Hinge
$1 \quad$ 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 $1 / 4 L$ stepping back on $R$ ，turn $1 / 4 L$ 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， $1 / 2$ 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

5,6,7,8 Making $1 / 2$ 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)
$5,6 \quad$ 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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