# Dig It

拍數: 32          牆數: 4          級數: Intermediate

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音樂: Whole Lotta Hurt - Brady Seals

## HEEL SWIVELS, SQUAT, STEP FORWARD, HOLD, SYNCOPATED STEP-SLIDES

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|---|---|
| 1-2 | Swivel heels to the left making a ¼ turn to the right; swivel heels to the right making a ½ turn to the left |
| 3-4 | Bend knees and lower body; straighten knees and stand upright |
| 5-6 | Step forward on left foot; hold |
| &7 | Slide right foot up behind left and step; step forward on left foot |
| &8 | Slide right foot up behind left and step; step forward on left foot |

## MILITARY PIVOT TO THE LEFT, STEP, DIAGONAL KICK, CROSS, UNWIND, ROCK STEP

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|---|---|
| 9-10 | Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot |
| 11-12 | Step forward on right foot; kick left foot forward and diagonally to the left |
| 13-14 | Cross left foot over right; unwind ¾ turn to the right and shift weight to left foot |
| 15-16 | Step back on right foot; rock forward onto left foot |

## KICK, OUT-OUT, IN-IN, SCUFF, FORWARD SHUFFLE, PIVOT, FORWARD SHUFFLE

| | |
|---|---|
| 17 | Kick right foot forward |
| &18 | Step to the right on right foot; step left foot about shoulder width apart from right |
| &19 | Step right foot to home; step left foot next to left |
| 20 | Scuff right foot next to left |
| 21&22 | Shuffle forward (right, left, right) |
| & | Pivot ½ turn to the left on ball of right foot |
| 23&24 | Shuffle forward (left, right, left) |

## SYNCOPATED DIAGONAL STEP-SLIDES, STEP, PIVOT, CROSS BEHIND WITH DIP, SIDE STEP LEFT

| | |
|---|---|
| 25&26 | Step forward and diagonally to the right on right foot; slide left foot up behind right and step; step forward and diagonally to the right on right foot |
| 27&28 | Step forward and diagonally to the left on left foot; slide right foot up behind left and step; step forward and diagonally to the left on left foot |
| 29-30 | Step forward on right foot; pivot a ¼ turn to the left on ball of right foot and shift weight to left foot |
| 31-32 | Cross right foot behind left and bend knees; stand upright and step to the left on left foot |

## REPEAT