

Dig Your Heels

Choreographer: Maddison Glover

Level: Phrased Intermediate

Count: 52

Wall: 4

Music: "Here's To You & I" BY The McClymonts



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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, 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 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 ½ turn over R stepping R fwd, make ½ turn over R stepping back on L (9:00)

A3: ¼ Side Shuffle, 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, Turning 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 ¼ turn L by stepping R beside L, step L slightly fwd (9:00)
5,6 Point R fwd, flick R behind as you make ½ 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, 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
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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