

Dig Your Heels

52 Count, 4 Wall, Intermediate (Phrased)

Choreographer: Maddison Glover (AU) Oct 2016

Choreographed to: Here's To You And I by 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****Section 1****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)

Section 2**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)

Section 3**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

Section 3**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,

8&

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****Nightclub occurs Twice throughout the dance, both beginning on and ending facing 3:00.****Section 1****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)

Section 2**Repeat the above '8& counts'**

1,2&3,4&5,6&7,8&

Section 3**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"**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"****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"
