

Dig Your Heels

52 count phrased, 4 wall, intermediate level

Choreographer: Maddison Glover (Aus), October 2016

Choreographed to: "Here's To You And I" by The McClymonts (16 intro), sequ. ABAAAABAAA Tag Tag+ AA Tag

- A-Section 1 Kick Kick, Sailor Step, Kick Kick, Coaster 1/4 Turn**
 1-2 Kick right forward. Kick right to right side
 3&4 Cross right behind left. Step left to left side. Step right slightly to right side
 5-6 Kick left forward. Kick left to left side. Step left back beginning 1/4 turn left
 7&8 Complete 1/4 turn stepping right beside left. Step left slightly forward (9:00)
- A-Section 2 Forward Shuffle x 2, Forward Rock, Full Turn Travelling Back**
 1&2, 3&4 Right Shuffle Forward. Left Shuffle Forward
 5-6 Rock forward on right. Recover onto left
 7-8 Turn 1/2 right stepping right forward. Turn 1/2 tight stepping left back (9:00)
- A-Section 3 1/4 Chasse, Cross, Back, Diagonal Chasse Back, Cross, Side**
 1&2 Turn 1/4 right stepping right to side. Close left beside right. Step right to side
 3-4 Cross left over right. Step right back on right diagonal
 5& Step left back on left diagonal (angle shoulders to 10:30). Close right beside left
 6 Step left back on left diagonal
 7-8 (Still facing 10:30) Cross right over left. Step left to side straightening up (12:00)
- A-Section 4 Sailor Step, Coaster 1/4 Turn, Point, Flick 1/2 Turn, Walk Walk**
 1&2 Cross right behind left. Step left to left side. Step right slightly to right side
 3 Step left back beginning 1/4 turn left
 &4 Complete 1/4 turn left stepping right beside left. Step left slightly forward. (9:00)
 5-6 Point right forward. Flick right back, pivoting 1/2 turn left on ball of left (3:00)
 7-8 Walk forward right. Walk forward left
- B-Section 1 Step, Cross Side Behind, Behind Side Cross, Side Rock, Cross, Hinge 1/2 – occurs twice at 3:00**
 1 Step right forward, sweeping left round from back to front
 2& Cross left over right. Step right to right side
 3 Cross left behind right, sweeping right from front to back
 4&5 Cross right behind left. Step left to left side. Cross right over left
 6&7 Rock left to left side. Recover onto right. Cross left over right
 8& Turn 1/4 left stepping right back. Turn 1/4 left stepping left to side (9:00)
- B-Section 2 Step, Cross Side Behind, Behind Side Cross, Side Rock, Cross, Hinge 1/2**
 1-8& Repeat the complete Section 1
- B-Section 3 Jazz Box, Hop Forward**
 1-4 Cross right over left. Step left back. Step right to right side. Hop forward with both feet (3:00)
- Tag is danced whenever they sing 'Dig Your Heels'*
- Tag-Section 1 Heel Hitch, Heel Together, Heel Hitch, Heel Together, 1/2 Walk Around**
 1&2& Touch right heel forward. Slightly hitch right knee. Touch right heel forward. Step right beside left
 3&4& Touch left heel forward. Slightly hitch left knee. Touch left heel forward. Step left beside right
 5-8 Walk 1/2 circle left, stepping – right, left, right, left
Clapping on each step when they sing "clap your hands and make a sound"
- Tag-Section 2 Jazz Box Cross, Travelling Dwight Swivels**
 1-4 Cross right over left. Step left back. Step right to right side. Cross left over right
Put hands on hips as they sing „put your hands up on my hips“
 5-6 Touch right toe to left, turning right knee in. Touch right heel diagonally forward
 7-8 Touch right toe to left, turning right knee in. Touch right heel diagonally forward
- Tag+ Adding to Tag for the second time – they sing "Come here boy and kiss my lips"**
 5-8 Repeat counts 5-8 of Tag-Section 2

Quelle:

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