

DIG YOUR HEELS

Description: 52 ct, 4 wall, Phrased Intermediate
Choreographed by: Maddison Glover (AUS) October 2016
Music: Here's To You & I - The McClymonts
Intro: 16

Sequence: A, B, A, A, A, A, B, A,A,A,TAG, TAG+, A,A,TAG

PART A: 32 COUNTS

KICK FRONT, SIDE, SAILOR, KICK FRONT, SIDE, ¼ COASTER

- 1- 2 Kick R fwd, kick R to R side
3&4 step R behind L, step L to L side, step R slightly to R
5- 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)

SHUFFLE FORWARD X2, ROCK/REPLACE, FULL TURN TRAVELLING BACK

- 1&2 Step R fwd, step L together, step R fwd
3&4 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)

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 r) (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

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

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)

REPEAT THE ABOVE '8& COUNTS'

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

B3: CROSS, BACK, SIDE, HOP FORWARD

- 1- 2 Cross R over L, step back on L
- 3- 4 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- 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 Cross R over L, step back on L,
- 3- 4 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"