

DIG YOUR HEELS

Count: 52. **Wall:** 4. **Level:** Phrased Intermediate

Choreographer: Maddison Glover (AUS) - October 2016

Music: **Here's To You & I** by The McClymonts. Album: Here's To You & I

INTRO: 16 count. Weight on L. Sequence: A,B, A,A,A, A,B, A,A,A, TAG, TAG+, A,A,TAG

PART A: 32 count

KICK, KICK, SAILOR, KICK, KICK, 1/4 LEFT COASTER BACK

1,2 Kick R forward, Kick R to right

3&4 Step R behind L, Step L to left, Step R slightly to right

5,6 Kick L forward, Kick L to left

7&8 Turn ¼ left step L back, Step R beside L, Step L slightly forward [9:00]

SHUFFLE, SHUFFLE, ROCK FORWARD, RECOVER, 1/2 RIGHT, 1/2 RIGHT

1&2 Step R forward, Step L beside R, Step R forward

3&4 Step L forward, Step R beside L, Step L forward

5,6 Rock R forward, Recover onto L

7,8 Turn ½ right step R forward, Turn ½ right step L back [9:00]

1/4 RIGHT CHASSE, CROSS, BACK, CHASSE 45° BACK, CROSS, SIDE

1&2 Turn ¼ right step R to right, Step L beside R, Step R to right (**angle shoulders right**)[12:00]

3,4 Cross L over R, Step R back 45° right

5&6 Step L back 45° left (**angle shoulders to 10:30**), Step R beside L, Step L back 45° left

7,8 **Still facing 10:30** Cross R over L, **Square up to 12:00** Step L to left

SAILOR, 1/4 LEFT COASTER BACK, POINT FORWARD, 1/2 LEFT FLICK, WALK, WALK

1&2 Step R behind L, Step L to left, Step R slightly to right

3&4 Turn ¼ left step L back, Step R beside L, Step L slightly forward [9:00]

5,6 Point R forward, Turn ½ left flick R behind (**turn on ball of L foot**) [3:00]

7,8 Step R forward, Step L forward

PART B: 20 count

Nightclub occurs TWICE throughout the dance, both beginning on and ending facing 3:00

STEP/SWEEP, CROSS-SIDE-BEHIND/SWEEP, BEHIND-SIDE-CROSS,

ROCK LEFT-RECOVER-CROSS, 1/4 LEFT-1/4 LEFT

1 Step R forward as you sweep L around to front

2&3 Cross L over R, Step R to right, Step L behind R as you sweep R around to back

4&5 Step R behind L, Step L to left, Cross R over L

6&7 Rock L to left, Recover onto R, Cross L over R

8& Turn ¼ left step R back, Turn ¼ left step L to left [9:00]

Repeat the above counts

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

JAZZ BOX, HOP FORWARD

1-4 Cross R over L, Step L back, Step R to right, Hop forward with both feet [3:00]

COMTINUED OVER

TAG: 16 COUNT. Whenever they sing "Dig Your Heels"

HEEL-HITCH-HEEL-TOGETHER-HEEL-HITCH-HEEL-TOGETHER, 1/2 LEFT WALK AROUND

1&2& Touch R heel forward, Slightly hitch R knee up, Touch R heel forward, Step R beside L

3&4& Touch L heel forward, Slightly hitch L knee up, Touch L heel forward, Step L beside R

5-8 Walk around ½ left R, L, R, L (Clap on each step) "clap your hands and make a sound"

JAZZ BOX, CROSS, TRAVELLING DWIGHT SWIVELS

1-4 Cross R over L, Step L back, Step R to right, Cross L over R **[6:00]**

5,6 Touch R toe besides L turning R knee in towards L, Touch R heel forward 45° right

7,8 Touch R toe besides L turning R knee in towards L, Touch R heel forward 45° right

Note: The above 4 counts are completed slightly travelling right

Alternative for the swivels: SIDE, TOGETHER, SIDE, TOGETHER.

When completing the Tag for the second time, add an extra 4 Dwight swivels "come here boy and kiss my lips"