



# Dig Your Heels

**Count:** 52      **Wall:** 4      **Level:** Phrased Intermediate  
**Choreographer:** Maddison Glover (AUS) October 2016  
**Music:** Here's To You & I - 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: 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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**Quelle:** <http://www.copperknob.co.uk/>