

# Dig Your Heels



Choreographed by: Maddison Glover (AUS) October 201  
Music: **Here's To You & I** by **The McClymonts**  
Type: 4 wall, 52 counts  
Level: Phrased Intermediate

NOTES 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

### **[1 – 8] KICK FRONT, KICK SIDE, SAILOR-STEP, KICK FRONT, KICK SIDE, ¼ COASTER-STEP**

1 – 2 Kick right forward, kick right to right side.  
3 & 4 Step right behind left, step left to left side, step right slightly to right.  
5 – 6 Kick left forward, kick left to left side.  
7 & 8 Step back on left whilst beginning the ¼ turn to left, complete ¼ turn left by stepping right next to left, step left slightly forward. [9:00]

### **[9 – 16] SHUFFLE FORWARD X2, ROCK-STEP, FULL TURN TRAVELLING BACK**

1 & 2 Step right forward, step left together, step right forward.  
3 & 4 Step left forward, step right together, step left forward.  
5 – 6 Rock right forward, recover onto left.  
7 – 8 Make ½ turn right stepping right forward, make ½ turn right stepping back on left. [9:00]

### **[17 – 24] ¼ SIDE SHUFFLE, CROSS, BACK, SIDE SHUFFLE BACK ON DIAGONAL, CROSS, SIDE**

1 & 2 Make ¼ turn right stepping right to right side, step left next to right, step right to right side (angel shoulders right).[12:00]  
3 – 4 Cross left over right, step back on right to right diagonal.  
5 & 6 Step back on left to left diagonal (angle shoulders towards 10:30), step right next to left, step back on left to left diagonal.  
7 – 8 Still facing 10:30 cross right over left, square up to 12:00 by stepping left to left side. [12:00]

### **[25 – 32] SAILOR-STEP, ¼ COASTER-STEP, POINT FORWARD, ½ FLICK, WALK FORWARD X2**

1 & 2 Step right behind left, step left to left side, step right slightly to right.  
3 & 4 Step back on left whilst beginning the ¼ turn to left, complete ¼ turn left by stepping right next to left, step left slightly forward. [9:00]  
5 – 6 Point right forward, flick right behind as you make ½ turn over left (pivot on ball of left foot). [3:00]  
7 – 8 Walk forward right left.

Continues...

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...Continued

**PART B**     **20 counts**  
**This nightclub part occurs TWICE throughout the dance, both beginning on and ending when facing 3:00.**

**[1 – 8]     FORWARD, CROSS-SIDE-BEHIND, BEHIND-SIDE-CROSS, ROCK-STEP-CROSS, ½ HINGE**

- 1            Step right forward as you sweep left around clock-wise.
- 2 & 3        Cross left over right, step right to right side, step left behind right as you sweep right around clockwise.
- 4 & 5        Step 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&          Make ¼ turn left stepping back on right, make ¼ turn left stepping left to left side. [9:00]

**[9 – 16]     REPEAT STEPS 1 – 8 ENDING BACK TO 3 O’CLOCK**

**[17 – 20]    JAZZ-BOX WITH HOP FORWARD**

- 1 – 4        Cross right over left, step back on left, step right to right side, hop forward with both feet. [3:00]

**TAG            16 Count Tag: Whenever they sing “Dig Your Heels”**

**[1 – 8]            HEEL-HITCH-HEEL-TOGETHER X2, ½ TURN WALK AROUND**

- 1&2&        Touch right heel forward, slightly hitch right knee up, touch right heel forward, step right next to left.
- 3&4&        Touch left heel forward, slightly hitch left knee up, touch left heel forward, step left next to right.
- 5 – 8        Making ½ arc over left: Walk right-left-right-left and clap on each step.  
*“clap your hands and make a sound”*

**[9 – 16]        JAZZ-BOX, TRAVELLING DWIGHT SWIVELS**

- 1 – 4        Cross right over left, step back on left, step right to right side, cross left over right.
- 5 – 6        Touch right toe besides left whilst turning right knee in towards left knee, touch right heel forward on right diagonal
- 7 – 8        Repeat steps 5 – 6.  
*Note: The above 4 counts are completed slightly travelling right.*

When completing the TAG for the second time (=TAG+), add an extra 4 Dwight swivels  
*“come here boy and kiss my lips”*