



Dance: **Dig Your Heels**
 Type: 52 Count, 4 Wall, Intermediate (Phrased)
 Choreographer: Maddison Glover (AU), October 2016
 Choreographed to: Here's To You And I by The McClymonts (126 bpm, 3:42 min)

Intro: Start after count 16; sequence: A, B, A, A, A, A, B, A, A, A, C, C+, A, A, C

A Section 1 Kick x 2, Sailor Step, Kick x 2, Coaster 1/4

1,2	Kick right forward. Kick right to right side	Kick, kick
3&4	Cross right behind left. Step left to left side. Step right to right side	Sailor step
5,6	Kick left forward. Kick left to left side	Kick, kick
7&8	Turn 1/4 left stepping left back (9:00). Step right beside left. Step left forward	Toaster step

A Section 2 Right Shuffle, Left Shuffle, Forward Rock, Full Turn

1&2	Step right forward. Step left beside right. Step right forward	Right shuffle
3&4	Step left forward. Step right beside left. Step left forward	Left shuffle
5,6	Rock forward on right. Recover on left	Forward rock
7,8	Turn 1/2 right stepping right forward. Turn 1/2 right stepping left back	Full turn
7,8	<i>Non-turning steps 7,8: Walk Back x 2</i> <i>Walk back stepping right, left</i>	<i>Back, back</i>

A Section 3 1/4 Chasse Right, Cross, Back, Chasse Left, Cross, Side

1&2	Turn 1/4 right stepping right to right side (12:00). Step left beside right. Step right to right side	Turn chasse
3	Cross left over right.	Cross
4,5&6	Facing diagonal (10:30) - Step right back. Step left to left side. Step right beside left. Step left to left side	Back, left chasse
7,8	Cross right over left. Step left to left side (12:00)	Cross, side

A Section 4 Sailor Step, Coaster 1/4, Point, Pivot 1/2 Flick, Walk x 2

1&2	Cross right behind left. Step left to left side. Step right to right side	Sailor step
3&4	Turn 1/4 left stepping left back (9:00). Step right beside left. Step left forward	Toaster step
5-8	Point right forward. Pivot 1/2 left and flick right back (3:00). Walk forward stepping right, left	Point, pivot, walk, walk

B Section 1 Step, Sweep, Weave Right, Sweep, Weave Left, Mambo Cross, Hinge 1/2 Turn

1&	Step right forward. Sweep left forward	Step, sweep
2&3	Cross left over right. Step right to right side. Cross left behind right	Cross, side, behind
&4&5	Sweep right back. Cross right behind left. Step left to left side. Cross right over left	Sweep, behind, side, cross
6&7	Rock to side on left. Recover on right. Cross left over right	Mambo cross
8&	Turn 1/4 left stepping right back (12:00). Turn 1/4 left stepping left to left side (9:00)	Turn, turn

B Section 2 Step, Sweep, Weave Right, Sweep, Weave Left, Mambo Cross, Hinge 1/2 Turn

1&	Step right forward. Sweep left forward	Step, sweep
2&3	Cross left over right. Step right to right side. Cross left behind right	Cross, side, behind
&4&5	Sweep right back. Cross right behind left. Step left to left side. Cross right over left	Sweep, behind, side, cross
6&7	Rock to side on left. Recover on right. Cross left over right	Mambo cross
8&	Turn 1/4 left stepping right back (6:00). Turn 1/4 left stepping left to left side (3:00)	Turn, turn

B Section 3 Jazz Box Jump

1-4	Cross right over left. Step left back. Step right to right side. Jump forward	Cross, back, side, jump
-----	---	-------------------------

C Section 1 Modified Heel Switch x 4, Walk 1/2 x 4

1&2&	Touch right heel forward. Hitch right. Touch right heel forward. Step right beside left	Heel, &, heel, &
3&4&	Touch left heel forward. Hitch left. Touch left heel forward. Step left beside right	Heel, &, heel, &
5-8	Walk forward stepping right, left, right, left making 1/2 turn left (12:00)	Walk, walk, walk, walk

C Section 2 Jazz Box Cross, Dwight Swivet x 2

1-4	Cross right over left. Step left back. Step right to right side. Cross left over right	Cross, back, side, cross
5	Twist left toes right and touch right toe beside left	Swivet
6	Twist left heel right and touch right heel beside left	Swivet
7	Twist left toes right and touch right toe beside left	Swivet
8	Twist left heel right and touch right heel beside left	Swivet
5-8	<i>Non-twisting steps 5-8: Side, Close, Side, Close</i> <i>Step right to right side. Step left beside right. Step right to right side. Step left beside right</i>	<i>Side, close, side, close</i>

+ Section 1 Dwight Swivet

1	Twist left toes right and touch right toe beside left	Swivet
2	Twist left heel right and touch right heel beside left	Swivet
3	Twist left toes right and touch right toe beside left	Swivet
4	Twist left heel right and touch right heel beside left	Swivet
1-4	<i>Non-twisting steps 1-4: Side, Close, Side, Close</i> <i>Step right to right side. Step left beside right. Step right to right side. Step left beside right</i>	<i>Side, close, side, close</i>