

Dig Your Heels

Competition Step Sheet

DIVISION: Intermediate

Description: 52 Counts, Phrased, Polka, Country
Choreographer: Maddison Glover
Music: Here's To You & I by The McClymonts
Album: Here's To You & I
Count-in: 16 Count Intro
Note: Dancers will dance as follows: A Vanilla, B Vanilla, A Vanilla, A Variation, A Vanilla, A Variation, B Vanilla, A Vanilla, A Variation.



Sequence: A, B, A, A, A, A, B, A, A, music fades

Part A: 32 counts

1-8 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)

9-16 Triple Forward x2, Rock Recover, 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)

17-24 ¼ Side Triple, Cross, Back, Side Triple Back on Diagonal, Cross, Side

1&2 Turn ¼ R stepping R to R side, step L together, step R to R side (12:00)

3,4 Cross L over R, step R back onto R diagonal,

5&6 Step L back on L diagonal, 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

25-32 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 (3:00)

7,8 Walk Fwd R, L

Part B: 20 counts

1-8 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)

9-16 **Repeat the above '8& counts'**

17-20 **Cross, Back, Side, Jump Forward**

1,2,3,*4

Cross R over L, step back on L, Step R to R side, jump fwd with both feet
(*option for Silver & Gold dancers on Count 4 – Close LF to RF)