



Steppin' off the Page

Maddison Glover



Dig Your Heels

4 WALL • 52 COUNTS PHRASED • INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Sequence:	A, B, A, A, A, A, B, A, A, Tag, Tag+, A, A, Tag		
PART A			
Section 1	Kick Kick, Sailor Step, Kick Kick, Coaster 1/4 Turn		
1 - 2	Kick right forward. Kick right to right side.	Kick Kick	On the spot
3 & 4	Cross right behind left. Step left to left side. Step right slightly to right side.	Right Sailor	Turning left
5 - 7	Kick left forward. Kick left to left side. Step left back beginning 1/4 turn left.	Kick Kick Back	
& 8	Complete 1/4 turn stepping right beside left. Step left slightly forward. (9:00)	& Step	
Section 2	Forward Shuffle x 2, Forward Rock, Full Turn Travelling Back		
1 & 2	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
3 & 4	Step left forward. Close right beside left. Step left forward.	Left Shuffle	
5 - 6	Rock forward on right. Recover onto left.	Rock Forward	On the spot
7 - 8	Turn 1/2 right stepping right forward. Turn 1/2 tight stepping left back. (9:00)	Full Turn	Turning right
Section 3	1/4 Chasse, Cross, Back, Diagonal Chasse Back, Cross, Side		
1 & 2	Turn 1/4 right stepping right to side. Close left beside right. Step right to side.	Quarter Chasse	Turning right
Note	Angle shoulders right. (12:00)		
3 - 4	Cross left over right. Step right back on right diagonal.	Cross Back	Back
5 & 6	Step left back on left diagonal (angle shoulders to 10:30). Close right beside left.	Back & Back	
7 - 8	Step left back on left diagonal. (Still facing 10:30) Cross right over left. Step left to side straightening up (12:00).	Cross Side	Left
Section 4	Sailor Step, Coaster 1/4 Turn, Point, Flick 1/2 Turn, Walk Walk		
1 & 2	Cross right behind left. Step left to left side. Step right slightly to right side.	Right Sailor	On the spot
3	Step left back beginning 1/4 turn left.	Back	Turning left
& 4	Complete 1/4 turn left stepping right beside left. Step left slightly forward. (9:00)	& Step	
5 - 6	Point right forward. Flick right back, pivoting 1/2 turn left on ball of left. (3:00)	Point Flick/Turn	Forwards
7 - 8	Walk forward right. Walk forward left.	Walk Walk	
PART B			
Section 1	Step, Cross Side Behind, Behind Side Cross, Side Rock, Cross, Hinge 1/2		
Note	Part B occurs twice during the dance, both times starting and ending facing 3:00.		
1	Step right forward, sweeping left round from back to front.	Step	Forward
2 & 3	Cross left over right. Step right to right side.	Cross Side	Right
4 & 5	Cross left behind right, sweeping right from front to back.	Behind/Sweep	
6 & 7	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
8 &	Rock left to left side. Recover onto right. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to side. (9:00)	Side Rock Cross	Right
		Hinge Turn	Turning left
Section 2	Step, Cross Side Behind, Behind Side Cross, Side Rock, Cross, Hinge 1/2		
1 - 8 &	Repeat the 8 counts of Section 1.		
Section 3	Jazz Box, Hop Forward		
1 - 2	Cross right over left. Step left back.	Cross Back	On the spot
3 - 4	Step right to right side. Hop forward with both feet. (3:00)	Side Hop	
Tag	16-count Tag, danced whenever they sing 'Dig Your Heels':		
Section 1	Heel Hitch, Heel Together, Heel Hitch, Heel Together, 1/2 Walk Around		
1 & 2	Touch right heel forward. Slightly hitch right knee.	Heel Hitch	On the spot
3 & 4	Touch right heel forward. Step right beside left.	Heel Together	
5 & 6	Touch left heel forward. Slightly hitch left knee.	Heel Hitch	
7 & 8	Touch left heel forward. Step left beside right.	Heel Together	Turning
9 - 16	Clapping on each step, walk 1/2 circle left, stepping - right, left, right, left. "clap your hands and make a sound"	Walk Half Turn	
Tag (cont)	Jazz Box Cross, Travelling Dwight Swivels		
Note	Put hands on hips, as the lyrics are "put your hands up on my hips".		
1 - 4	Cross right over left. Step left back. Step right to right side. Cross left over right.	Jazz Box Cross	On the spot
5 - 6	Touch right toe to left, turning right knee in. Touch right heel diagonally forward.	Toe Heel	Right
7 - 8	Touch right toe to left, turning right knee in. Touch right heel diagonally forward.	Toe Heel	
Note	Counts 5 - 8 are completed travelling slightly right.		
Option	Counts 5 - 8: Step right to side. Left together. Step right to side. Left together.		
Tag+	Completing Tag for second time:		
5 - 8	Repeat the 4 counts of the Dwight swivels: "come here boy and kiss my lips".		

Choreographed by: Maddison Glover (AUS) October 2016, revised January 2017
Choreographed to: 'Here's To You And I' by The McClymonts from album Here's To You And I (16 count intro) download available from Amazon or iTunes

