

Dig It

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Bud Martin (USA) & Diane Martin (USA)

Music: Whole Lotta Hurt - Brady Seals



HEEL SWIVELS, SQUAT, STEP FORWARD, HOLD, SYNCOPATED STEP-SLIDES

- 1-2 Swivel heels to the left making a $\frac{1}{4}$ turn to the right; swivel heels to the right making a $\frac{1}{2}$ turn to the left
- 3-4 Bend knees and lower body; straighten knees and stand upright
- 5-6 Step forward on left foot; hold
- &7 Slide right foot up behind left and step; step forward on left foot
- &8 Slide right foot up behind left and step; step forward on left foot

MILITARY PIVOT TO THE LEFT, STEP, DIAGONAL KICK, CROSS, UNWIND, ROCK STEP

- 9-10 Step forward on right foot; pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
- 11-12 Step forward on right foot; kick left foot forward and diagonally to the left
- 13-14 Cross left foot over right; unwind $\frac{3}{4}$ turn to the right and shift weight to left foot
- 15-16 Step back on right foot; rock forward onto left foot

KICK, OUT-OUT, IN-IN, SCUFF, FORWARD SHUFFLE, PIVOT, FORWARD SHUFFLE

- 17 Kick right foot forward
- &18 Step to the right on right foot; step left foot about shoulder width apart from right
- &19 Step right foot to home; step left foot next to left
- 20 Scuff right foot next to left
- 21&22 Shuffle forward (right, left, right)
- & Pivot $\frac{1}{2}$ turn to the left on ball of right foot
- 23&24 Shuffle forward (left, right, left)

SYNCOPATED DIAGONAL STEP-SLIDES, STEP, PIVOT, CROSS BEHIND WITH DIP, SIDE STEP LEFT

- 25&26 Step forward and diagonally to the right on right foot; slide left foot up behind right and step; step forward and diagonally to the right on right foot
- 27&28 Step forward and diagonally to the left on left foot; slide right foot up behind left and step; step forward and diagonally to the left on left foot
- 29-30 Step forward on right foot; pivot a $\frac{1}{4}$ turn to the left on ball of right foot and shift weight to left foot
- 31-32 Cross right foot behind left and bend knees; stand upright and step to the left on left foot

REPEAT
