

10 Ton Digger

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Lynda Blackwood (NZ) & Andrew Blackwood (NZ)

Musique: Life Begins At Forty - Dave & The Dynamos



TOE STRUTS TO THE RIGHT

- 1-2-3-4 Step right toe to right, snap right heel down, cross left toe over right, snap left heel down
5-6-7-8 Step right toe to right, snap right heel down, cross left toe over right, snap left heel down

HIP ROLL, TOE STRUTS BACK

- 1-2-3-4 Stepping right foot just to the right, roll hips right-left-right-left
5-6-7-8 Step right toe back, snap right heel down, step left toe back, snap left heel down

RIGHT HEEL HOOK, LEFT HEEL HOOK

- 1-2-3-4 Touch right heel forward, hook right foot in front of left knee, touch right heel forward, close right foot beside left
5-6-7-8 Touch left heel forward, hook left foot in front of right knee, touch left heel forward, close left foot beside right

TWO HEEL SPLITS, 2 X ¼ PADDLE TURN

- 1-2-3-4 Move heels apart, heels, together, heels apart, heels together
5-6-7-8 Step right forward, ¼ turn to left, step right forward, ¼ turn to left

WALK FORWARD, KICK & CLAP, WALK BACK, TOUCH & CLAP

- 1-2-3-4 Walk forward right, left, right, kick left forward and clap
5-6-7-8 Walk back right, left, right, touch left beside right and clap

2 X MONTEREY TURNS

- 1-2-3-4 Point right foot to right side, complete ½ turn on left foot, transferring weight to right, touch left foot to left, close left beside right
5-6-7-8 Repeat previous 4 counts

STEP, ½ PIVOT TURN, SHUFFLE (TWICE)

- 1-2-3&4 Step forward on right, ½ pivot turn to left, shuffle forward right, left, right
5-6-7&8 Step forward on left, ½ pivot turn to right, shuffle forward left, right, left

STOMP, HOLD, SLOW LEFT TURN

- 1-2-3-4 Stomp forward on right, hold for three counts
5-6-7-8 Slow turn to left over four counts with shoulder shimmies, finishing with weight on left

REPEAT

RESTART

- On wall 3, dance to step 16, then restart
On wall 6, dance to step 48, then restart

FINISH

On wall 9 dance to step 44

- 1-2-3-4-5 Touch right to right, close, touch left to left, close, stomp right forward with hands to side waist height