

# Dig It

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: 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**

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