

Dig This

拍数: 32 墙数: 4 级数: Improver
编舞者: Jen Gadberry (USA)
音乐: Chicks Dig It - Chris Cagle



Hold 16 counts before beginning when using "Chicks Dig It"

RIGHT CROSS TWICE, SYNCOPATED GRAPEVINE LEFT, $\frac{3}{4}$ TURN RIGHT, 3 LEFT TAPS

1&2 Cross right over left, small step left to left side, cross right over left
&3 Step left to left side, cross right behind left
&4 Step left to left side, cross right in front of left
&5 Step left to left side, cross right behind left
6 Unwind $\frac{3}{4}$ turn right
7&8 Three toe taps with left (start next to right and move taps left)

HEAD POP LEFT, STOMP, STEP, $\frac{1}{2}$ TURN LEFT, RIGHT SCUFF, STOMP, 3 LEFT TAPS

Think hip-hop

1 Head snaps left to left shoulder (while extending left arm left)
2 Stomp left next to right (and snap left hand down over left knee)
3 Step forward right
4 $\frac{1}{2}$ turn left (keep this move "choppy" like hip-hop)
5 Scuff right (while right hand mimics this circular motion above the right knee)
6 Stomp right (and snap right hand down over right knee)
7&8 Three toe taps with left (start out to left side and move taps in next to right)

SIDE, SLIDE $\frac{1}{4}$ TURN LEFT, LEFT KICK BALL CROSSES, SWIVELS WITH $\frac{1}{4}$ TURN LEFT

1 Step right to right side
2 Slide left next to right while turning $\frac{1}{4}$ left
3&4 Kick left forward, step left slightly back, cross right over left
5&6 Kick left forward, step left slightly back, step right in front of left
7&8 With weight on both toes, swivel heels right, left, right with a $\frac{1}{4}$ turn left

Toes should now be facing forward, shoulder width apart

"TRAVELING APPLEJACKS", STOMPS, SWIVELS WITH SNAPS

1& Left heel left (on 1), right heel left (on the &) (this should be a fluid movement)
2& Left toe left (on 1), right toe left (on the &)
3& Left heel left (on 1), right heel left (on the &)
4& Left toe $\frac{1}{2}$ left (on 1), right toe $\frac{1}{2}$ left (on the &)

Toes should now be facing forward, shoulder width apart

5& Two right stomps
6 Swivel right heel right (while extending right arm up right and snapping)
& Swivel right heel left (while bringing right hand toward waist)
7 Swivel right heel right (while extending right arm down right and snapping)
& Swivel right heel left (while bringing right hand toward waist)
8 Swivel right heel right (while extending right arm up right and snapping)

REPEAT

When using "Chicks Dig It", after the chorus is played the 2nd time (after 6 times through) you will dance all the way through 1 more time, then only $\frac{1}{2}$ way through (counts 1-16) and start the dance over at the beginning of the 3rd time the chorus is played. (the chorus begins "Scars heal, glory fades....")