

Intro: 16 from first heavy beat, start on the words 'dig it'

**Section 1 R heel dig x 2, R coaster, L heel dig x 2, L coaster**

- 1-2 Dig right heel diagonally forward right twice
- 3&4 Step right back, step left next to right, step right forward
- 5-6 Dig left heel diagonally forward left twice
- 7&8 Step left back, step right next to left, step left forward

**Section 2 R forward lock step, L forward lock step, R forward 1/2 L, R forward 1/4 L**

- 1&2 Step right forward, lock left behind right, step right forward (slightly diagonally right)
- 3&4 Step left forward, lock right behind left, step left forward (slightly diagonally left)
- 5-6 Step right forward, pivot 1/2 left
- 7-8 Step right forward, pivot 1/4 left

**TAG:** During wall 5 add tag after 1/4 left

**Section 3 Cross rock R over, recover L, syncopated weave right, R side rock, recover L, cross shuffle**

- 1-2 Cross rock right over left, recover weight onto left
- &3&4 Step right to right side, cross left over right, step right to right side, cross left behind right
- 5-6 Rock right to right side, recover weight onto left
- 7&8 Cross step right over left, step left to left side, cross step right over left

**Section 4 1/4 right, 1/4 right, L kick ball cross, L side rock, recover R, L behind and across**

- 1-2 Make a 1/4 turn right stepping left back, make 1/4 turn right stepping right forward
- 3&4 Kick left forward, step ball of left next to right, cross step right over left
- 5-6 Rock left to left side, recover weight onto right
- 7&8 Step left behind right, step right to right side, cross step left over right

**Section 5 R heel dig x 2, R coaster, L heel dig x 2, L coaster**

- 1-2 Dig right heel diagonally forward right twice
- 3&4 Step right back, step left next to right, step right forward
- 5-6 Dig left heel diagonally forward left twice
- 7&8 Step left back, step right next to left, step left forward

**Section 6 R forward lock step, L forward lock step, walk forward R L, R heel jack**

- 1&2 Step right forward, lock left behind right, step right forward (slightly diagonally right)
- 3&4 Step left forward, lock right behind left, step left forward (slightly diagonally left)
- 5-6 Step forward onto right, step forward onto left (option 2 step full turn left)
- 7&8 Cross step right over left, step left back slightly to one side, touch right heel diagonally right forward

**Section 7 & cross L over R, R side, L behind and across, R side rock, recover 1/4 L, R toe strut**

- &1-2 Step right next to left, cross step left over right, step right to right side
- 3&4 Step left behind right, step right to right side, cross step left over right
- 5-6 Rock right to right side, recover onto left making a 1/4 left
- 7-8 Touch right toe forward, drop right heel

**Section 8 Full turn R toe struts (with clicks), rock forward L, recover R, 1/4 R sailor**

- 1-2 On ball of right, pivot 1/2 turn right, step back on left toe, drop left heel down
- 3-4 On ball of left, pivot 1/2 turn right, step forward onto right toe, drop right heel down  
(Clicking fingers is optional - easy option 2 forward toe struts, left and right)
- 5-6 Rock forward onto left, recover onto right
- 7&8 Step left behind right, step right 1/4 right, step left slightly forward

**Tag** - not as bad as it looks - really easy to spot, no vocals (trust me!)

During wall 5, which starts facing the 12 o'clock wall, dance up to count 8, section 2 (1/4 turn left, now facing the 3 o'clock wall). Then add:-

**Cross rock R over L, recover L, R side, L over, R side rock, recover L, cross shuffle.**

- 1-2 Cross rock right over left, recover weight onto left
  - 3-4 Step right to right side, cross step left over right
  - 5-6 Rock right to right side, recover weight onto left
  - 7&8 Cross step right over left, step left to left side, cross step right over left
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**L side, hinge 1/2 R, cross rock L over, recover R, L side, R over, L side, hold**

- 1-2 Step left to left side, hinge 1/2 turn right stepping right to right side  
3-4 Cross rock left over right, recover weight back onto right  
5-6 Step left to left side, cross step right over left  
7-8 Step left to left side, hold for one count

Repeat these 16 counts, making a 32 count tag and then start the dance from the beginning

**Ending** - there is one extra count. Make a 1/4 turn right stomping right forward and pose arms out facing front

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Music download available from itunes

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