

SECTION A (INTRO ONLY)**HEEL DIGS**

- 1 Dig right heel next to left instep
- & Bring right back in place
- 2 Dig left heel next to right instep
- & Bring left back in place
- 3 Dig right heel next to left instep
- & Bring right back in place
- 4 Touch left toe next to right instep
- 5 - 8 Repeat 1-4 starting with the left but on 4 bring right back in place

SECTION B**JUMPING JACKS WITH 1/4 TURN AND CLAP**

- 1 Jump both feet to side while turning 1/4 turn left
- 2 Jump both feet in right across left
- 3 Unwind 1/4 left
- 4 Clap

You should now be facing the back wall

- 5 - 8 Repeat 1-4

You should now be back at your home wall**SYNCOATED GRAPEVINE, 1/2 TURN & HEEL JACK**

- 9 Step right to side
- 10 Step left behind right
- & Step right to side
- 11 Step left across right
- & Step right to side
- 12 Step left behind right
- & Step right to side
- 13 Step left across right
- 14 Unwind 1/2 right
- & Step left back
- 15 Touch right heel forward
- & Bring right back in place
- 16 Touch left back in place

TOE STRUTS, ROCK STEP & COASTER STEP

- 17 Step forward ball of left
- 18 Drop heel
- 19 Step forward ball of right
- 20 Drop heel
- 21 Rock forward left
- 22 Rock back right
- 23 Step left back
- & Step right in place
- 24 Step left forward

KICK BALL TURNS, STEPS FORWARD, STEPS BACK

- 25 Kick right
- & Step ball of right next to left
- 26 Touch left in place while turning 1/4 right and dropping right heel
- 27 Kick left
- & Step ball of left next to right
- 28 Touch right in place while turning 1/4 right and dropping left heel

29 Step right diagonally forward
30 Step left diagonally forward
31 Step right in place
32 Step left in place

TOUCH RIGHT SIDE, 1/4 TURN WITH HOOK, SHUFFLE, STEP 1/2 TURN & STOMP

33 Side touch right
34 Hook right across left shin while turning 1/4 right
35 Step forward right
& Slide left instep to right heel
36 Step forward right
37 Step forward left
38 Pivot 1/2 turn right
39 Stomp left
& Stomp right in place
40 Stomp left in place

REPEAT SECTION B

/When dancing "Swamp Thing" or any other country music, leave out the 16 count intro.