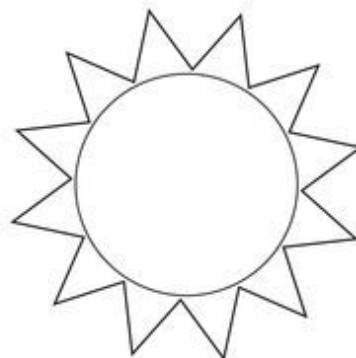
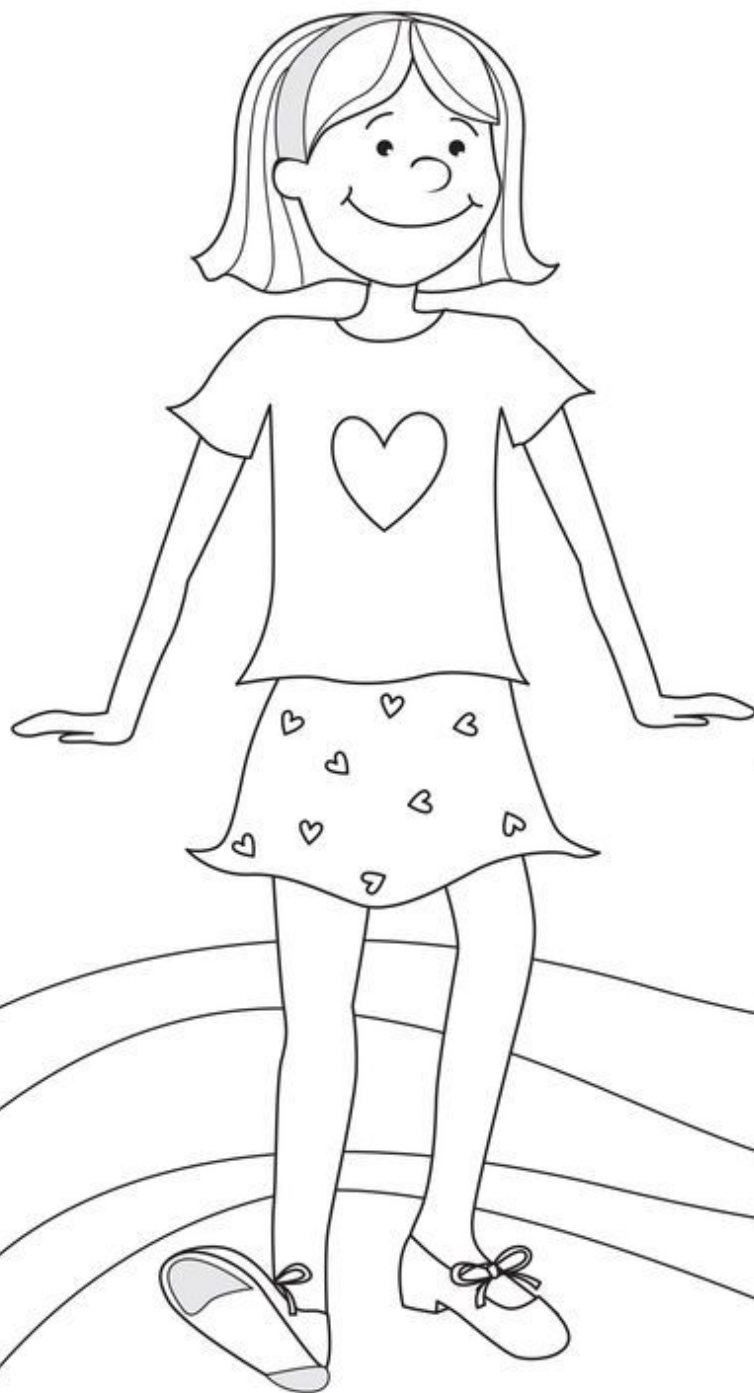


# HEEL DIG



**Flex your foot  
out in front  
then place your  
heel tap down.  
Lift your knee  
then drop your foot  
to make the  
heel dig sound.**