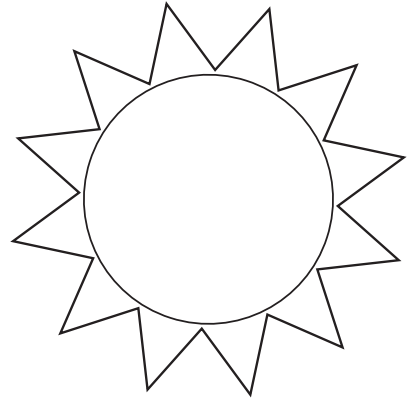
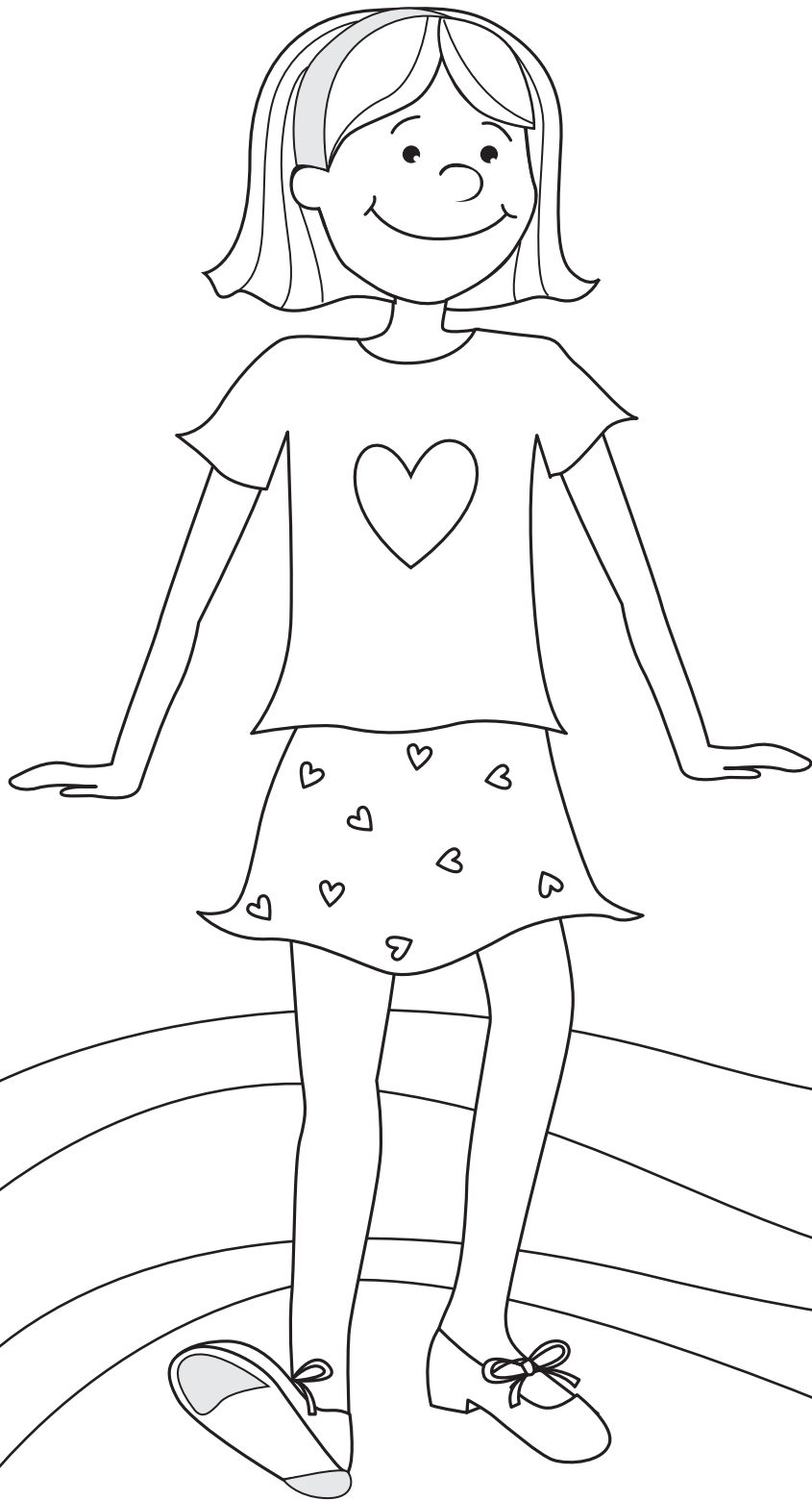


HEEL DIG



**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.**