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| --- | --- |
| Miss Lizzy |  |

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| . | | | | | | |
| **Count:** | 48 | **Wand:** | 4 | **Ebene:** | Intermediate | . |
| **Choreograf/in:** | Michele Perron (CAN) | | | | |
| **Musik:** | Dizzy Miss Lizzy - The Holiday Band | | | | |
| . | | | | | | |

**ROCK/BACK, RECOVER, KICK/TWIST, STEP/TWIST, TOUCH/TWIST, STEP/TWIST, KICK/TWIST, STEP/TWIST**

**In the first 8 counts, you will travel to left, twist/swivel actions occur below waist, head/shoulders stay facing front**

|  |  |
| --- | --- |
| 1-2 | Left rock/step back; right recover/step forward |

|  |  |
| --- | --- |
| 3 | Left kick across front of right with twist/swivel on right |

|  |  |
| --- | --- |
| 4 | Left step to side left with twist/swivel on right |

|  |  |
| --- | --- |
| 5 | Right touch to side right with twist/swivel on left |

|  |  |
| --- | --- |
| 6 | Right step across front of left with twist/swivel on left |

|  |  |
| --- | --- |
| 7 | Left kick across front of right with twist/swivel on right |

|  |  |
| --- | --- |
| 8 | Left step to side left with twist/swivel on right (12:00) |

**Easier option**

|  |  |
| --- | --- |
| 3-4 | Left kick forward, left step to side left |

|  |  |
| --- | --- |
| 5-6 | Right touch to side right; right step beside left |

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| --- | --- |
| 7-8-1-2 | Repeat |

**Optional styling note: execute 'spiral foot position' of left between left kick across and left step to side left (counts 3,4 and 7,8)**

**TOUCH/TWIST, STEP/TWIST, LEFT TRIPLE TURN, RIGHT TRIPLE TURN, ROCK/BACK, RECOVER**

|  |  |
| --- | --- |
| 1 | Right touch to side right with twist/swivel on left |

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| --- | --- |
| 2 | Right step across front of left with twist/swivel on left |

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| --- | --- |
| 3&4 | Left triple steps with ½ turn left (travel to side left) (6:00) |

|  |  |
| --- | --- |
| 5&6 | Right triple steps with ½ turn left (travel to side right) (12:00) |

|  |  |
| --- | --- |
| 7-8 | Left rock/step back; right recover/step forward |

**WALK, WALK, TRIPLE FORWARD; HIP 'TICK', HIP 'TICK', TRIPLE BACK**

|  |  |
| --- | --- |
| 1-2 | Left, right steps forward |

|  |  |
| --- | --- |
| 3&4 | Left triple steps forward |

|  |  |
| --- | --- |
| 5& | Right toe/touch diagonal right forward with right hip bump; return weight to center |

|  |  |
| --- | --- |
| 6& | Right toe/touch diagonal right forward with right hip bump; return weight to center |

|  |  |
| --- | --- |
| 7&8 | Right triple steps back with ¼ turn left (9:00) |

**WALK, WALK, TRIPLE FORWARD; HIP 'TICK', HIP 'TICK', TRIPLE BACK**

|  |  |
| --- | --- |
| 1-2 | Execute ¼ turn left with left step; right step forward (6:00) |

|  |  |
| --- | --- |
| 3&4 | Left triple steps forward |

|  |  |
| --- | --- |
| 5& | Right toe/touch diagonal right forward with right hip bump; return weight to center |

|  |  |
| --- | --- |
| 6& | Right toe/touch diagonal right forward with right hip bump; return weight to center |

|  |  |
| --- | --- |
| 7&8 | Right triple steps back with ¼ turn left (3:00) |

**SIDE, ACROSS, SIDE-BEHIND-FORWARD, FORWARD, TOUCH/SNAP, FORWARD, TOUCH/SNAP**

|  |  |
| --- | --- |
| 1-2 | Left step to side left; right step across front of left |

|  |  |
| --- | --- |
| 3&4 | Left step to side left, right step crossed behind left, execute ¼ turn left with left step (12:00) |

|  |  |
| --- | --- |
| 5 | Step right forward |

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| --- | --- |
| 6 | Left touch beside right with ¼ turn left and right & left finger snaps above right shoulder, look right (9:00) |

|  |  |
| --- | --- |
| 7-8 | Execute ¼ turn left with left step; right touch beside left with right & left finger snaps to left (6:00) |

**TRIPLE FORWARD, TRIPLE FORWARD, FORWARD, PIVOT/TURN, TRIPLE TURN**

|  |  |
| --- | --- |
| 1-2 | Right triple steps forward |

|  |  |
| --- | --- |
| 3-4 | Left triple steps forward |

|  |  |
| --- | --- |
| 5-6 | Right step forward; execute ½ pivot/turn left with left step (12:00) |

|  |  |
| --- | --- |
| 7&8 | Execute ¼ turn left with right triple steps to side (9:00) |

**REPEAT**