

Dizzy's Recipe

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Elizabeth Bocci (AUS) & Bev Rush

Music: The Recipe - Donna Fisk & Michael Cristian



HITCH TAP AND SAILOR, HITCH TAP BEHIND, ¼ TURN STEP FORWARD

- 1-2 Hitch right knee across left leg, tap right toe to right side
- 3&4 Right behind left, left to left side, right to right side (right sailor)
- 5-6 Hitch left knee across right leg, tap left toe to left side
- 7&8 Left behind right, ¼ turn right, step onto right step forward left

STEP STEP SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD

- 1-2 Step forward right, step forward left
- 3&4 Shuffle forward right left right
- 5-6 Rock forward onto left, rock back onto right
- 7&8 Turn ½ turn left shuffle forward left right left

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KICK BALL-STEP KICK BALL-STEP, ROCK FORWARD, ROCK BACK, ¾ TURN TRIPLE STEP

- 1&2 Kick right forward, step right together, step forward left (kick ball step)
- 3&4 Kick right forward, step right together, step forward left (kick ball step)
- 5-6 Rock forward onto right, rock back onto left
- 7&8 Turn ¾ right triple step on spot (right, left, right)

STEP FORWARD TAP, STEP BACK TAP, ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD

- 1-2 Step forward left, tap right toe behind left foot
- 3-4 Step back onto right, tap left toe across right foot
- 5-6 Rock forward onto left, rock back onto right
- 7&8 Turn ½ turn left, shuffle forward left, right, left

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SIDE REPLACE SAILOR, SIDE REPLACE SAILOR

- 1-2 Rock right to right side, replace weight onto left on left side
- 3&4 Right behind left, left to left side, right to right side (right sailor)
- 5-6 Rock left to left side, replace weight onto right on right side
- 7&8 Left behind right, right to right side, left to left side (left sailor)

ROCK FORWARD, ROCK BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD, SHUFFLE FORWARD

- 1-2 Rock forward onto right, rock back onto left
- 3&4 Shuffle back right, left, right
- 5-6 Rock back onto left, rock forward onto right
- 7&8 Shuffle forward left, right, left

TOE HEEL CROSS SHUFFLE, TOE HEEL CROSS SHUFFLE

- 1-2 Touch right toe to left instep, touch right heel to left instep
- 3&4 Cross shuffle right, left, right
- 5-6 Touch left toe to right instep, touch left heel to right instep
- 7&8 Cross shuffle left, right, left

ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD, STEP FORWARD, ¼ TURN, LEFT KICK AND TOUCH

- 1-2 Rock forward onto right, rock back onto left
- 3&4 Turn ½ turn right, shuffle forward right, left, right
- 5-6 Step forward left, turn ¼ turn right, (weight on right foot)
- 7&8 Kick left forward, step left together, touch right toe to right side

REPEAT

RESTART

On wall 2, dance first 16 counts, then restart

On wall 4, dance first 32 counts, then restart

TO FINISH DANCE

On count 62 do ½ turn right (facing front) kick left forward, step left together, touch right toe to right side
