

Make Me Dizzy (Kizunguzungu)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Heather Barton (SCO) & Suzi Beau (ENG) - April 2016
音乐: Kizunguzungu - SaRaha



Intro: 9 Count intro - approx 5 seconds. Start on the first heavy beat on 'Away'

SECTION 1: SIDE BEHIND, SIDE CLOSE SIDE, CROSS ROCK 1/4 SHUFFLE

1,2 Step R to R side, Step L behind R,
3&4 Step R to R side, Close L to R, Step R to R side
5,6 Cross rock L over R, Recover weight on R
7&8 Turn 1/4 L Stepping forward L, Close R to L, Step forward L (9:00)

SECTION 2: RIGHT SAMBA, LEFT SAMBA, FORWARD ROCK & HEEL & STEP

1&2 Cross R over L, Rock L to L side, Recover R travelling forward
3&4 Cross L over R, Rock R to R side, Recover L travelling forward
5,6, Rock forward on R, recover on L
&7&8 Step back on R, Tap L heel forward, Step back on L, Step forward R

SECTION 3: STEP PIVOT 1/4, CROSS SHUFFLE, SWAY R, L, R TOUCH

1,2 Step forward on L, Pivot 1/4 right, stepping weight on R
3&4 Cross L over R, Step on the ball of R, Cross L over R
5,6, Step R to R side, Swaying hips R, Sway hips L
7,8 Sway hips R, Touch L by R

SECTION 4: MODIFIED MONTEREY 1/2 TURN, ROCK & CROSS, 1/4 TOE STRUT (WITH HIP BUMP) 1/2 TOE STRUT (WITH HIP BUMP)

1,2 Point L to L side, Turn 1/2 Left stepping weight on L
3&4 Rock R to R side, Recover L, Cross R over L
5&6 Turn 1/4 R, Stepping on to L toe, bump hip L.R, drop heel,
7&8 Turn 1/2 R, Stepping on to R toe bumping hip R.L , drop heel down

SECTION 5: STEP OUT L, R CHASSE LEFT, STEP OUT R, 1/4 R SHUFFLE

1,2 Step L foot out to L side, Step R foot out to R side
3&4 Step L to L side Close R to L, Step L to L side
5,6 Step R out to R side, Step L out to L side
7&8 Turn 1/4 R Stepping forward R, Close L to R, Step forward R

SECTION 6: FORWARD ROCK, COASTER STEP, FORWARD ROCK, SHUFFLE 3/4

1,2 Rock forward on L, Recover weight on R
3&4 Step back on L, Step R next to L, Step forward L
5,6 Rock forward on R, Recover weight on L
7&8 Turn 3/4 R Stepping, R, L,R

SECTION 7: CROSS, SIDE SAILOR 1/4 HEEL & WALK WALK, KICK BALL STEP

1,2 Cross L over R, Step R to R side
3&4& Turn 1/4 L Sweep L back step L behind R, Step R to R side, Tap L heel forward, Step weight on L
5,6 Walk forward R, Walk forward L
7&8 Kick R, step on the ball of R, Step forward L

SECTION 8: 1/4 KICK BACK ROCK, BALL, HINGE TURN 1/2 CROSS

1,2 Turn 1/4 L stepping R to R side, Kick L to L diagonal

3,4 Rock back on L, Recover weight on R
&5,6 Step onto ball of L, Cross R over L, Step back L turning 1/4 R
7,8 Turn 1/4 R stepping forward R, Cross L over R

TAGS

End of wall 2 add 8 count Tag, then Restart

TAG 1: OUT OUT, KNEE POPS, WALK FULL CIRCLE LEFT

1,2 Step R foot out to R side, Step L foot out to L side
&3&4 Pop R knee lifting heel, replace, Pop L knee lifting heel, replace
5,6 Walk 1/4 L stepping R, walk 1/4 L stepping L
7,8 Walk 1/4 L stepping R, walk 1/4 L stepping L

Wall 5 Dance Section 6 upto count 4, after the coaster step then add a 4 count Tag and Restart the dance

TAG 2: OUT OUT, KNEE POPS

1,2 Step R foot out to R side, Step L foot out to L side
&3&4 Pop R knee lifting heel, replace, Pop L knee lifting heel, replace

Have Fun!

Contact: susanj.beaumont@ntlworld.com
