

# Miss Lizzy

COPPER KNOB  
STEPPERS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Michele Perron (CAN)  
音乐: 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
- 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
- 2      Right step across front of left with twist/swivel on left
- 3&4      Left triple steps with  $\frac{1}{2}$  turn left (travel to side left) (6:00)
- 5&6      Right triple steps with  $\frac{1}{2}$  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  $\frac{1}{4}$  turn left (9:00)

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

- 1-2      Execute  $\frac{1}{4}$  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  $\frac{1}{4}$  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  $\frac{1}{4}$  turn left with left step (12:00)
- 5      Step right forward
- 6      Left touch beside right with  $\frac{1}{4}$  turn left and right & left finger snaps above right shoulder, look right (9:00)
- 7-8      Execute  $\frac{1}{4}$  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  $\frac{1}{2}$  pivot/turn left with left step (12:00)

7&8 Execute  $\frac{1}{4}$  turn left with right triple steps to side (9:00)

**REPEAT**

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