

Dizzy

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA)
音乐: Dizzy - Scooter Lee



ROCK, STEP, COASTER STEP, STEP, TURN ½, STEP, TURN ½

1-2 Rock right forward, recover to left
3&4 Step right back, step left together, step right forward
5-6 Step left forward, turn ½ right (weight to right)
7-8 Step left forward, turn ½ right (weight to right)

CROSS, SIDE, SAILOR SHUFFLE, CROSS, SIDE, SAILOR SHUFFLE

1-2 Cross left over right, step right to side
3&4 Cross left behind right, rock right to side (with ball of right foot), step left slightly forward
5-6 Cross right over left, step left to side
7&8 Cross right behind left, rock left to side (with ball of left foot), step right slightly forward

CROSS, SIDE, BACK SHUFFLE, ROCK BACK, FULL TURN LEFT TURN FORWARD

1-2 Cross left over right, step right to side
3&4 Turn ¼ left and step left back, step right together, step left back
5-6 Rock right back, recover to left

Allow body to turn slightly right to prep for upcoming turn as you rock back

7-8 Turn ½ left and step right back, turn ½ left and step left forward

You will have done one full turn forward

SHUFFLE FORWARD, STEP, TURN ½, SHUFFLE FORWARD, STEP, TURN ½

1&2 Step right forward, step left together, step right forward
3-4 Step left forward, turn ½ right (weight to right)
5&6 Step left forward, step right together, step left forward
7-8 Step right forward, turn ½ left (weight to left)

REPEAT

At the end of the song, you will have 2 extra beats. Stomp right, left in place to finish