

Dizzy Lizzy

拍数: 48 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - September 2003
音乐: Dizzy Miss Lizzy - The Beatles : (CD: Help)



Choreographers note:- . More turns than a 'Maze' – that could leave you a little 'Dizzy'.

This dance is ideal for the established Intermediates.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on the vocals with feet together and weight on the left.

Fwd. 1/2 Pivot. Heel Switch-Cross. Rock. Recover. 1/2 Chasse. (12:00)

- 1 - 2 Step forward onto right. Pivot 1/2 left (weight on the left) (6).
3& 4 Touch right heel forward, step right next to left, cross left over right.
5 - 6 Rock right to right side. Recover onto left.
7& 8 Turn 1/2 left & step right to right side, step left next to right, step right to right side.

Rock. Rock. Chasse. 1/2 Side. 1/4 Fwd. Shuffle. (9:00)

- 9 - 10 Rock left behind right. Recover onto right.
11& 12 Step left to left side, step right next to left, step left to left side.
13 - 14 Turn 1/2 right & step right to right side (6). Turn 1/4 right & step forward onto left (9).
15& 16 Shuffle forward stepping: R.L-R.

Fwd. 1/2 Pivot. Heel Switch-Cross. Back. Side. Shuffle. (3:00)

- 17 - 18 Step forward onto left. Pivot 1/2 right (weight on right) (3).
19& 20 Touch left heel forward, step left next to right, cross step right over left.
21 - 22 Step backward onto left. Step right to right side.
23& 24 Shuffle forward stepping: L.R-L..

1/4 Rock. Recover. Triple 1 and a 1/4 Triple. Walk:L-R. Kick-Together-Back (3:00)

- 25 - 26 Turn 1/4 left & rock right to right side (12). Recover onto left .
27& 28 (on the spot) Triple step one full turn and a quarter right stepping: R.L-R (3).
29 - 30 Walk forward: L. R.
31& 32 Kick left forward, step left next to right, touch right toe backward.

Fwd. 1/2 Pivot. Cross-Together-Cross. 2x Together-Cross. Chasse. (9:00)

- 33 - 34 Step forward onto right. Pivot 1/2 left (weight on the left) (9).
35& 36 Cross touch right over left, step right next to left, cross touch left over right.
&37 Step left next to right, touch right across left.
&38 Step right next to left, touch left across right.
39& 40 Step left to left side, step right next to left, step left to left side.

1/2 Side. Fwd. Kick Ballcross. 1/4 Fwd. 1/2 L Bwd. 1/4 Rock-Rock-Recover (3:00)

- 41 - 42 Turn 1/2 right & step right to right side (3). Step forward onto left.
43& 44 Kick right forward, step right next to left, cross touch left over right.
45 - 46 Turn 1/4 left & step forward onto left (12). Turn 1/2 left & step backward onto right (6).
47& 48 Turn 1/4 left & rock left to left side, rock onto right, recover onto left.

DANCE FINISH: The dance will finish on count 48 of the 7th wall (facing 9:00).

To finish facing the 'home' wall add the following steps after count 48 -

49 - 50 Step forward onto right. Turn 3/4 left & touch left out to left side.