

Dizzie Lizzie

拍數: 28 牆數: 1 級數: Beginner
編舞者: Deb Crew (CAN) & Duncan Taylor (CAN)
音樂: Dizzie Lizzie And Boogie Woogie Joe - John McCabe



ROCK-STEP, SHUFFLE FORWARD

- 1 Rock back on right foot
- 2 Step forward in place on left foot
- 3 Step right foot forward
- & Quickly slide and step left foot beside right foot
- 4 Step right foot forward

SHUFFLE FORWARD, SIDE STEP, CLAP

- 5 Step left foot forward
- & Quickly slide and step right foot beside left foot
- 6 Step forward on left foot
- 7 Step right foot out to right side
- 8 Hold position and clap

KNEE POPS

- 9 Keeping toe of left foot planted on the floor, turn left knee in towards right leg
- 10 Return left knee to starting position and keeping the toe of right foot planted on the floor, turn right knee in towards left leg
- 11 Return right knee to starting position and keeping the toe of left foot planted on the floor, turn left knee in towards right leg
- 12 Return left knee to starting position and keeping the toe of right foot planted on the floor, turn right knee in towards left leg

ROLLING RIGHT VINE

¼ turn right turn should be executed in counts (13, 14, 15)

- 13 Traveling to the right, step ¼ turn right onto ball of right foot (facing right wall)
- 14 Continue to travel right, stepping ball of left foot ¼ turn right (facing back wall)
- 15 Continue to travel right stepping ball of right foot ½ turn right (facing front wall)
- 16 Touch left toes beside right foot

KNEE POPS

- 17 Shift weight to left foot and keeping toe of right foot planted on floor, turn right knee in towards left leg
- 18 Return right knee to starting position and keeping the toe of left foot planted on the floor, turn left knee in towards right leg
- 19 Return left knee to starting position and keeping the toe of right foot planted on the floor, turn right knee in towards left leg
- 20 Return right knee to starting position and keeping the toe of left foot planted, turn left knee in towards right leg

ROLLING LEFT VINE

¼ turn left turn should be executed in counts (21, 22, 23)

- 21 Traveling to the left, step ¼ turn left onto ball of left foot (facing left wall)
- 22 Continue to travel left, stepping ball of right foot ¼ turn left (facing back wall)
- 23 Continue to travel left, stepping ball of left foot ½ turn left (facing front wall)
- 24 Touch right toes beside left foot (weight on left foot)

HEEL SWITCHES (HAT DANCE) TRAVELING BACK

You will be traveling backwards on the "&" counts. This should bring you back to the original starting position of this dance

- & Quickly step right foot back
- 25 Touch left heel forward
- & Quickly step left foot back
- 26 Touch right heel forward
- & Quickly step right foot back
- 27 Touch left heel forward
- & Quickly step left foot back
- 28 Touch right heel forward

REPEAT
