

Dance Yourself Dizzy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Furnell (UK) & Jackie Towler (UK) - October 2007
音樂: Dance Yourself Dizzy - Liquid Gold



Intro: 32 counts.

Section 1

SIDE BEHIND ¼ TURN, STEP PIVOT ¾ TURN , SIDE BEHIND AND STEP FORWARD PIVOT ½ TURN.

- 1-2& Step right to side, left behind right, ¼ turn on right stepping on right.
- 3-4 ¼ turn right stepping on left, ½ right stepping on right.
- 5-6& Step left to the side, step right behind left, step side on left.
- 7-8 Step forward on right, pivot ½ turn left (weight ends on left) (12oclock)

Section 2

STEP ¼, ¼, COASTER STEP, SHUFFLE FORWARD, WHOLE TURN TRAVELLING FORWARD

- 1-2 Step forward on right making ¼ turn right, step back on left making ¼ turn right,
- 3&4 Step back on right, close left to right and step forward on right.
- 5&6 Shuffle forward stepping left right left,
- 7-8 Pivot ½ turn left stepping forward on right, pivot ½ turn left stepping forward on left. (12oclock wall)

Section 3

SHUFFLE BACK, STEP ¼ TURN, STEP ½ TURN, SHUFFLE FORWARD, PIVOT ½ TURN

- 1&2 Shuffle back stepping right left, right
- 3-4 Step back on left making ¼ turn left, side on right making ½ turn left.
- 5&6 Shuffle forward stepping left, right, left
- 7-8 Step forward on right pivot ½ turn left. (9oclock)

Section 4

WALK FORWARD R L, STEP BACK, STEP ¼, ¼, ¼, ¼, SAILOR CROSS.

- 1-2& Walk Forward right, left and step back on right
- 3-4 Step back on left making ¼ turn left, step forward on right making ¼ turn left
- 5-6 Step back on left making ¼ turn left, step forward on right making ¼ turn left
- 7&8 Step left behind right, step side on right and cross left over right.

Please add the tag after walls 2, 4, 6 & 9. There is a restart at count 12 of the Tag being danced after wall 4.

TAG

SIDE BEHIND ¼ TURN, STEP PIVOT ¾ TURN , SIDE BEHIND AND STEP FORWARD PIVOT ½ TURN.

- 1-2& Step right to side, left behind right, ¼ turn on right stepping on right.
- 3-4 ¼ turn right stepping on left, ½ right stepping on right.
- 5-6& Step left to the side, step right behind left, step side on left.
- 7-8 Step forward on right, pivot ½ turn left (weight ends on left) (12oclock)

BALL STEP HOLD X3, SCUFF FWD, ACROSS AND FLICK ½ TURN AND SCUFF

- &9-10 Lock right behind left and step forward on left and hold
- &11-12 Lock right behind left and step forward on left and hold (restart here on wall 4)
- &13-14 Lock right behind left and step forward on left and scuff right foot through.
- 15&16 Scuff right foot across left, flick right foot out make ½ turn left and scuff right foot through

Very fast dance this one; not for the faint hearted. Have fun.

(Marksfurnell@yahoo.co.uk)

