

# Dizze Loco

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Debbie McLaughlin (UK) - August 2009  
音樂: Holiday (feat. Chrome) - Dizze Rascal



Count in: On lyrics. 16 counts after beat comes in

## Ball, Walk, Walk, Rock and Cross, Rock Swivel Step and Quarter, Half

- &1-2      Rock back on L, Recover weight forward onto R, Walk forward L  
3&4      Rock R out to R Side, Recover onto L, Cross R foot over L  
5&6      Rock L out to L side, Swivel R heel in towards L, Swivel heel back in place taking weight on R  
&7-8      Step L next to R, turn  $\frac{1}{4}$  R stepping forward on R, turn  $\frac{1}{2}$  R stepping L to L side

## Sailor Step and Slide, Touch, Step, Turn and Chug, Chug

- 1&2      Cross R behind L, Step L to L side, Step R forward to R diagonal  
&3-4      Step L next to R, Step R big step forward to R diagonal, Slide L up and touch next to R  
5-6&      Step forward on L, Step forward on R, Pivot  $\frac{1}{2}$  turn L taking weight forward onto L  
7-8      Step forward on R (touching L next to R), Step forward on L (touching R next to L)  
**(You can substitute this for two runs/funky walks/jumps – whatever you like – but make it BOUNCY!)**

## And Rock and Slide, Behind, Turn, Step, Touch, Bump, Bump

- &1&2      Rock R out to R side, Recover weight back onto L, Cross R over L, Step L big step to L side, dragging R heel towards L  
3-4      Cross R behind L, Turn  $\frac{1}{4}$  L stepping forward on L  
5-6      Step forward on R, Touch L foot behind R (with attitude!)  
7-8      Make  $\frac{1}{4}$  L stepping L to L and pushing hips forward to L, Step R to R pushing hips forward to R

## Quarter, Half, Back Lock Back, and Kick and Step, Turn, Turn

- 1-2      Turn  $\frac{1}{4}$  L stepping forward on L, Turn  $\frac{1}{4}$  L stepping R to R side  
3&4      Step back on L, Lock R over L, Step back on L  
&5&6      Step back on R, Kick L forward, Step forward on L, Step forward on R  
7-8      Pivot  $\frac{1}{2}$  turn L taking weight forward onto L, Make  $\frac{1}{2}$  L stepping back onto R

## Start Again

**Please Note: There are a few different versions of this song. The one I choreographed it to is 3mins 57 seconds long. 3 minutes into the song, the tempo changes. I would suggest you fade the music at this point. You can dance through it, but the dance goes off phrase and it's FAST!!!**

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