

DIZZY

Choreographed by Jo Thompson

6017 East Trailhead Rd., Highlands Ranch, CO 80126

Phone: (303) 791-5717 or (303) 791-7662, Email: DanceJo@aol.com

Home Page: jonthompson.com

Description: 32-count, 4-wall, intermediate line dance for singles or partners

Music: Dizzy, Scooter Lee, 124 BPM, CD: [Movin' On Up](#) (start with the lyrics)

1-8 ROCK, STEP, COASTER STEP, STEP, 1/2 TURN, STEP, 1/2 TURN

1-2 Rock fwd with R (1), Replace weight back to L foot (2)

3 Step back with R (3)

&4 Step together with L (&), Step fwd with R (4)

5-6 Step fwd with L (5), Turn 1/2 R shifting weight fwd to R foot (6)

7-8 Step fwd with L (7), Turn 1/2 R shifting weight fwd to R foot (8)

9-16 CROSS, SIDE, SAILOR SHUFFLE, CROSS, SIDE, SAILOR SHUFFLE

1-2 Step L across in front of R (1), Step R to R side (2)

3 With body facing slightly L, Step L behind R (3)

&4 Rock to R side with ball of R foot (&), Step slightly fwd with L (4)

5-6 Step R across in front of L (5), Step L to L side (6)

7 With body facing slightly R, Step R behind L (7)

&8 Rock to L side with ball of L foot (&), Step slightly fwd with R (8)

17-24 CROSS, SIDE, BACK SHUFFLE, ROCK BACK, 360x L TURN FWD

1-2 Step L across in front of R (1), Step R to R side turning 1/4 L (2)

3&4 Step back with L (3), Step together with R (&), Step back with L (4)

5 Rock back with R allowing body to turn slightly R to prep for upcoming turn

6 Replace weight fwd to L foot, starting to turn L

7 After completing 1/2 L on L foot, step back with R, continuing to turn L

8 After completing 1/2 L on R foot, step fwd with L

you will have done one full turn fwd

25-32 SHUFFLE FWD, STEP, 1/2 TURN, SHUFFLE FWD, STEP, 1/2 TURN

1&2 Step fwd with R (1), Step together with L (&), Step fwd with R (2)

3-4 Step fwd with L (3), Turn 1/2 R shifting weight fwd to R foot (4)

5&6 Step fwd with L (5), Step together with R (&), Step fwd with L (6)

7-8 Step fwd with R (7), Turn 1/2 L shifting weight fwd to L foot (8)

START AGAIN FROM BEGINNING OF DANCE

ENDING: At the end of the song, you will have 2 extra beats....Stomp R, L in place to finish.