

Dizzy

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Jo Thompson Szymanski (USA)

Music: Dizzy - Scooter Lee



ROCK, STEP, COASTER STEP, STEP, TURN ½, STEP, TURN ½

- 1-2 Rock right forward, recover to left
- 3&4 Step right back, step left together, step right forward
- 5-6 Step left forward, turn ½ right (weight to right)
- 7-8 Step left forward, turn ½ right (weight to right)

CROSS, SIDE, SAILOR SHUFFLE, CROSS, SIDE, SAILOR SHUFFLE

- 1-2 Cross left over right, step right to side
- 3&4 Cross left behind right, rock right to side (with ball of right foot), step left slightly forward
- 5-6 Cross right over left, step left to side
- 7&8 Cross right behind left, rock left to side (with ball of left foot), step right slightly forward

CROSS, SIDE, BACK SHUFFLE, ROCK BACK, FULL TURN LEFT TURN FORWARD

- 1-2 Cross left over right, step right to side
- 3&4 Turn ¼ left and step left back, step right together, step left back
- 5-6 Rock right back, recover to left

Allow body to turn slightly right to prep for upcoming turn as you rock back

- 7-8 Turn ½ left and step right back, turn ½ left and step left forward

You will have done one full turn forward

SHUFFLE FORWARD, STEP, TURN ½, SHUFFLE FORWARD, STEP, TURN ½

- 1&2 Step right forward, step left together, step right forward
- 3-4 Step left forward, turn ½ right (weight to right)
- 5&6 Step left forward, step right together, step left forward
- 7-8 Step right forward, turn ½ left (weight to left)

REPEAT

At the end of the song, you will have 2 extra beats. Stomp right, left in place to finish