

Dance Yourself Dizzy

32 count, 4 wall, intermediate level

Choreographer: Mark Furnell and Jackie Towler (UK)

October 2007

Choreographed to: Dance Yourself Dizzy by Liquid Gold

32 count intro

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)

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.

TAG Please insert tag on walls 2, 4 with restart at count 12, 6 and 9

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 On ball of right footstep forward, lock left behind right and hold
&11-12 On ball of right footstep forward, lock left behind right and hold
&13-14 On ball of right footstep forward, lock left behind right and
&15&16 Step forward on right scuff right foot through, scuff right foot across left,
scuff right forward and make ½ turn left and scuff right foot through

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