

Dance Yourself Dizzy

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Mark Furnell and Jackie Towler (Oct '07)

Music: Dance Yourself Dizzy by Liquid Gold

Intro: 32 counts.

Section 1

SIDE BEHIND $\frac{1}{4}$ TURN, STEP PIVOT $\frac{3}{4}$ TURN , SIDE BEHIND AND STEP FORWARD PIVOT $\frac{1}{2}$ TURN.

1-2& Step right to side, left behind right, $\frac{1}{4}$ turn on right stepping on right.

3-4 $\frac{1}{4}$ turn right stepping on left, $\frac{1}{2}$ 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 $\frac{1}{2}$ turn left (weight ends on left) (12oclock)

Section 2

STEP $\frac{1}{4}$, $\frac{1}{4}$, COASTER STEP, SHUFFLE FORWARD, WHOLE TURN TRAVELLING FORWARD

1-2 Step forward on right making $\frac{1}{4}$ turn right, step back on left making $\frac{1}{4}$ 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 $\frac{1}{2}$ turn left stepping forward on right, pivot $\frac{1}{2}$ turn left stepping forward on left.
(12oclock wall)

Section 3

SHUFFLE BACK, STEP $\frac{1}{4}$ TURN, STEP $\frac{1}{2}$ TURN, SHUFFLE FORWARD, PIVOT $\frac{1}{2}$ TURN

1&2 Shuffle back stepping right left, right

3-4 Step back on left making $\frac{1}{4}$ turn left, side on right making $\frac{1}{2}$ turn left.

5&6 Shuffle forward stepping left, right, left

7-8 Step forward on right pivot $\frac{1}{2}$ turn left. (9oclock)

Section 4

WALK FORWARD R L, STEP BACK, STEP $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$, SAILOR CROSS.

- 1-2&** Walk Forward right, left and step back on right
- 3-4** Step back on left making $\frac{1}{4}$ turn left, step forward on right making $\frac{1}{4}$ turn left
- 5-6** Step back on left making $\frac{1}{4}$ turn left, step forward on right making $\frac{1}{4}$ 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 $\frac{1}{4}$ TURN, STEP PIVOT $\frac{3}{4}$ TURN , SIDE BEHIND AND STEP FORWARD PIVOT $\frac{1}{2}$ TURN.

- 1-2&** Step right to side, left behind right, $\frac{1}{4}$ turn on right stepping on right.
- 3-4 $\frac{1}{4}$ turn right stepping on left, $\frac{1}{2}$ 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 $\frac{1}{2}$ turn left (weight ends on left) (12oclock)

BALL STEP HOLD X3, SCUFF FWD, ACROSS AND FLICK $\frac{1}{2}$ 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 $\frac{1}{2}$ turn left and scuff right foot through

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

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