

DIZZIE LIZZIE

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Count: 28 **Wall:** 1 **Level:** beginner

Choreographer: Deb Crew & Duncan Taylor

Music: Dizzie Lizzie And Boogie Woogie Joe by John McCabe

ROCK-STEP, SHUFFLE FORWARD

- 1 Rock back on right foot
- 2 Step forward in place on left foot
- 3 Step right foot forward
- & Quickly slide and step left foot beside right foot
- 4 Step right foot forward

SHUFFLE FORWARD, SIDE STEP, CLAP

- 5 Step left foot forward
- & Quickly slide and step right foot beside left foot
- 6 Step forward on left foot
- 7 Step right foot out to right side
- 8 Hold position and clap

KNEE POPS

- 9 Keeping toe of left foot planted on the floor, turn left knee in towards right leg
- 10 Return left knee to starting position and keeping the toe of right foot planted on the floor, turn right knee in towards left leg
- 11 Return right knee to starting position and keeping the toe of left foot planted on the floor, turn left knee in towards right leg
- 12 Return left knee to starting position and keeping the toe of right foot planted on the floor, turn right knee in towards left leg

ROLLING RIGHT VINE

¼ turn right turn should be executed in counts (13, 14, 15)

- 13 Traveling to the right, step ¼ turn right onto ball of right foot (facing right wall)
- 14 Continue to travel right, stepping ball of left foot ¼ turn right (facing back wall)

15 Continue to travel right stepping ball of right foot $\frac{1}{2}$ turn right (facing front wall)

16 Touch left toes beside right foot

KNEE POPS

17 Shift weight to left foot and keeping toe of right foot planted on floor, turn right knee in towards left leg

18 Return right knee to starting position and keeping the toe of left foot planted on the floor, turn left knee in towards right leg

19 Return left knee to starting position and keeping the toe of right foot planted on the floor, turn right knee in towards left leg

20 Return right knee to starting position and keeping the toe of left foot planted, turn left knee in towards right leg

ROLLING LEFT VINE

$\frac{1}{4}$ turn left turn should be executed in counts (21, 22, 23)

21 Traveling to the left, step $\frac{1}{4}$ turn left onto ball of left foot (facing left wall)

22 Continue to travel left, stepping ball of right foot $\frac{1}{4}$ turn left (facing back wall)

23 Continue to travel left, stepping ball of left foot $\frac{1}{2}$ turn left (facing front wall)

24 Touch right toes beside left foot (weight on left foot)

HEEL SWITCHES (HAT DANCE) TRAVELING BACK

You will be traveling backwards on the "&" counts. This should bring you back to the original starting position of this dance

& Quickly step right foot back

25 Touch left heel forward

& Quickly step left foot back

26 Touch right heel forward

& Quickly step right foot back

27 Touch left heel forward

& Quickly step left foot back

28 Touch right heel forward

REPEAT

