

IAGLCWDC Line Dance Competitions 2001-2001, 2014-2015
Step Sheet* for
Dizzy

Choreographed by Jo Thompson

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Description: 32 Count, 4 Wall Line Dance

IAGLCWDC Division: Intermediate

IAGLCWDC Music Selection: "Dizzy", sung by Scooter Lee, 124 BPM, CD: Movin' On Up (start with the lyrics)

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

- 1-2 Rock forward with R (1), Replace weight back to L foot (2)
- 3 Step back with R (3)
- &4 Step together with L (&), Step forward with R (4)
- 5-6 Step forward with L (5), Turn 1/2 R shifting weight forward to R foot (6)
- 7-8 Step forward with L (7), Turn 1/2 R shifting weight forward to R foot (8)

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 forward 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 forward with R (8)

CROSS, SIDE, BACK SHUFFLE, ROCK BACK, 360x L TURN FORWARD

- 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 forward 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 forward with L
you will have done one full turn forward

SHUFFLE FORWARD, STEP, 1/2 TURN, SHUFFLE FORWARD, STEP, 1/2 TURN

- 1&2 Step forward with R (1), Step together with L (&), Step forward with R (2)
- 3-4 Step forward with L (3), Turn 1/2 R shifting weight forward to R foot (4)
- 5&6 Step forward with L (5), Step together with R (&), Step forward with L (6)
- 7-8 Step forward with R (7), Turn 1/2 L shifting weight forward to L foot (8)

START AGAIN FROM BEGINNING OF DANCE

* NOTE: *Partner steps of original version have been omitted for this competition version of Dizzy.*