

# DIZZY LIZZY

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**Count:** 48                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** William Sevone. September 23rd 2003

**Music:** "Dizzy Miss Lizzy" (140 bpm)...Beatles ('Help')

**Choreographers note:- . More turns than a 'Maze' - that could leave you a little 'Dizzy'.**

**This dance is ideal for the established Intermediates.**

**Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.**

**Dance starts on the vocals with feet together and weight on the left.**

**Fwd. 1/2 Pivot. Heel Switch-Cross. Rock. Recover. 1/2 Chasse. (12:00)**

- 1 - 2**            Step forward onto right. Pivot 1/2 left (weight on the left) (6).
- 3& 4**            Touch right heel forward, step right next to left, cross left over right.
- 5 - 6**            Rock right to right side. Recover onto left.
- 7& 8**            Turn 1/2 left & step right to right side, step left next to right, step right to right side.

**Rock. Rock. Chasse. 1/2 Side. 1/4 Fwd. Shuffle. (9:00)**

- 9 - 10**            Rock left behind right. Recover onto right.
- 11& 12**            Step left to left side, step right next to left, step left to left side.
- 13 - 14**            Turn 1/2 right & step right to right side (6). Turn 1/4 right & step forward onto left (9).
- 15& 16**            Shuffle forward stepping: R.L-R.

**Fwd. 1/2 Pivot. Heel Switch-Cross. Back. Side. Shuffle. (3:00)**

- 17 - 18**            Step forward onto left. Pivot 1/2 right (weight on right) (3).
- 19& 20**            Touch left heel forward, step left next to right, cross step right over left.
- 21 - 22**            Step backward onto left. Step right to right side.
- 23& 24**            Shuffle forward stepping: L.R-L..

**1/4 Rock. Recover. Triple 1 and a 1/4 Triple. Walk:L-R. Kick-Together-Back (3:00)**

- 25 - 26**            Turn 1/4 left & rock right to right side (12). Recover onto left .

- 27& 28 (on the spot) Triple step one full turn and a quarter right stepping: R.L-R (3).**

**29 - 30** Walk forward: L. R.

**31& 32** Kick left forward, step left next to right, touch right toe backward.

**Fwd. 1/2 Pivot. Cross-Together-Cross. 2x Together-Cross. Chasse. (9:00)**

**33 - 34** Step forward onto right. Pivot 1/2 left (weight on the left) (9).

**35& 36** Cross touch right over left, step right next to left, cross touch left over right.

**&37** Step left next to right, touch right across left.

**&38** Step right next to left, touch left across right.

**39& 40** Step left to left side, step right next to left, step left to left side.

**1/2 Side. Fwd. Kick Ballcross. 1/4 Fwd. 1/2 L Bwd. 1/4 Rock-Rock-Recover (3:00)**

**41 - 42** Turn 1/2 right & step right to right side (3). Step forward onto left.

**43& 44** Kick right forward, step right next to left, cross touch left over right.

**45 - 46** Turn 1/4 left & step forward onto left (12). Turn 1/2 left & step backward onto right (6).

**47& 48** Turn 1/4 left & rock left to left side, rock onto right, recover onto left.

**DANCE FINISH: The dance will finish on count 48 of the 7th wall (facing 9:00).**

**To finish facing the 'home' wall add the following steps after count 48 -**

**49 - 50 Step forward onto right. Turn 3/4 left & touch left out to left side.**