

# Dance Yourself Dizzy

**COPPER** KNOB  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Mark Furnell (UK) & Jackie Towler (UK) - October 2007

**Musique:** Dance Yourself Dizzy - Liquid Gold



**Intro:** 32 counts.

## 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 wall)

## 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.

**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 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 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 ½ turn left and scuff right foot through

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

(Marksfurnell@yahoo.co.uk)

