

Dizzee Loco

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Debbie McLaughlin (UK) - August 2009
音樂: Holiday (feat. Chrome) - Dizzee Rascal



Count in: On lyrics. 16 counts after beat comes in

Ball, Walk, Walk, Rock and Cross, Rock Swivel Step and Quarter, Half

- &1-2 Rock back on L, Recover weight forward onto R, Walk forward L
3&4 Rock R out to R Side, Recover onto L, Cross R foot over L
5&6 Rock L out to L side, Swivel R heel in towards L, Swivel heel back in place taking weight on R
&7-8 Step L next to R, turn $\frac{1}{4}$ R stepping forward on R, turn $\frac{1}{2}$ R stepping L to L side

Sailor Step and Slide, Touch, Step, Turn and Chug, Chug

- 1&2 Cross R behind L, Step L to L side, Step R forward to R diagonal
&3-4 Step L next to R, Step R big step forward to R diagonal, Slide L up and touch next to R
5-6& Step forward on L, Step forward on R, Pivot $\frac{1}{2}$ turn L taking weight forward onto L
7-8 Step forward on R (touching L next to R), Step forward on L (touching R next to L)
(You can substitute this for two runs/funky walks/jumps – whatever you like – but make it BOUNCY!)

And Rock and Slide, Behind, Turn, Step, Touch, Bump, Bump

- &1&2 Rock R out to R side, Recover weight back onto L, Cross R over L, Step L big step to L side, dragging R heel towards L
3-4 Cross R behind L, Turn $\frac{1}{4}$ L stepping forward on L
5-6 Step forward on R, Touch L foot behind R (with attitude!)
7-8 Make $\frac{1}{4}$ L stepping L to L and pushing hips forward to L, Step R to R pushing hips forward to R

Quarter, Half, Back Lock Back, and Kick and Step, Turn, Turn

- 1-2 Turn $\frac{1}{4}$ L stepping forward on L, Turn $\frac{1}{4}$ L stepping R to R side
3&4 Step back on L, Lock R over L, Step back on L
&5&6 Step back on R, Kick L forward, Step forward on L, Step forward on R
7-8 Pivot $\frac{1}{2}$ turn L taking weight forward onto L, Make $\frac{1}{2}$ L stepping back onto R

Start Again

Please Note: There are a few different versions of this song. The one I choreographed it to is 3mins 57 seconds long. 3 minutes into the song, the tempo changes. I would suggest you fade the music at this point. You can dance through it, but the dance goes off phrase and it's FAST!!!

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