

# Dance Yourself Dizzy

Count: 32

Wall: 4

Level: Intermediate

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

Music: 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)