

I'M SO DIZZY

CHOREOGRAPHER: Debbie & Paul Taylor
ADDRESS: 1370 Sunlight Drive, Cle Elum, WA 98922
MUSIC: Dizzy
CD: Platinum Collection – The Very Best of Tommy Roe or Hanky Panky or Tommy Roe: Take Ten
RHYTHM: Cha
Phase: IV + 2 + 1 (Double Cubans, Open Hip Twist) (Chase Full Turn)
FOOTWORK: Opposite except as noted (*W's in parentheses*)

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LENGTH: 2:50 as downloaded - Speed to Suit
ARTIST: Tommy Roe
SEQUENCE: INTRO-A-B-A-INT-B-A[MOD]-A 5-10-END
RELEASE DATE: September 2016

INTRODUCTION

- 1 – 6 LOP-FCG COH WAIT ; , CHASE WITH UNDERARM PASS ; ; DOUBLE CUBANS ; ;
 1-2 LOP-FCG COH ld ft free wait ; ;
 3-4 Keeping ld hnds jnd rk fwd L trng ¼ RF, rec fwd R trng ¼ RF, fwd L/lk R, fwd L(*Rk bk R, rec L, fwd R/lk L, fwd R*);
 Rk bk R raising jnd hnds brng W past L sd, rec L, sm sd R/cl L, sd R to BFLY WALL (*Fwd L, fwd R trng ½ LF undr*
jnd ld hnds to fc ptr, sm sd L/cl R, sd L);
 5-6 XLIF/rec R, sd L/rec R, XLIF/rec R, sd L; XRIF/rec L, sd R/rec L, XRIF/rec L, sd R; (*W also crosses in front*)

PART A

- 1 – 4 CHASE FULL TURN TO HANDSHAKE ; FLIRT ; LADY IN 4 ;
 1-2 Rk fwd L trng ½ RF, rec R trng ½ RF, bk L/lk R, bk L (*Rk bk R, rec fwd L, fwd R/lk L, fwd R*) ;
 Rk bk R, rec fwd L, fwd R/lk L, fwd R to handshake (*Rk fwd L trng ½ RF, rec R trng ½ RF, bk L/lk R, bk L*) ;
 3-4 Rk fwd L, rec R, bk L/cl R, bk L (*Rk bk R, rec fwd L comm LF trn, sd & bk R cont LF trn/cl L, bk R*) to VARS ;
 Rk bk R, rec L, sd R/cl L, sd R (*Rk bk L, rec fwd R, sd L/cl R, sd L*) to L VARS ;
- 5 – 8 [LF FT] PARALLEL CHASE ; ; LEFT FACE LARIAT ½ ; WHEEL ½ TO MAN'S VARSOUV LADY IN 4 ;
 5-6 Rk sd L trng RF, rec fwd R trng RF, fwd L/lk R, fwd L ; Rk sd R trng LF, rec fwd L trng LF, fwd R/lk L, fwd R ;
 (*Woman is on same foot as man*)
 7-8 Sm sd L, rec R, cl L/SIP R, SIP L (*Trng LF moving around Ptr fwd R, fwd L, fwd R/lk L, fwd R end in M's L VARS*) ;
 Sm bk R comm LF trn, bk L trng LF, sm sd R/cl L, sm sd R (Cont LF trn fwd R, fwd L, SIP R, SIP L) to M's VARS ;
- 9 – 10 MAN'S SWEETHEART 2 X ; MEN TURN TO HANDSHAKE* [2nd TIME TO BFLY 4th TIME TO CP] ;
 9-10 Fcg COH X chk bk L, rec R, sd L/cl R, sd L (*X chk fwd R, rec L, sd R/cl L, sd R*) to M's L VARS ;
 X chk bk R, rec L, trng RF sm fwd R/cl L, sm fwd R (*X chk fwd L, rec R, sd L/cl R, sd L*) to HANDSHAKE WALL ;

PART B

- 1 – 5 OPEN HIP TWIST TO A FAN ; ; HOCKEY STICK WITH FACING TRIPLE CHA FWD ; ; ;
 1-2 Chk fwd L, rec R, sm bk L/cl R, SIP L pshng L arm fwd to trn W (*Rk bk R, rec fwd L, fwd R/lk L, fwd R swvlg ¼ RF*);
 Rk bk R, rec L chng to ld hnds jnd, sd R/cl L, sd R (*Fwd L, fwd R trng ½ LF, bk L/lk R, bk L lvng R extnd fwd*);
 3-5 Rk fwd L, rec R, SIP L/R, SIP L brng ld hnds btwn faces (*Cl R, fwd L, fwd R/lk L, fwd R*);
 XRIB, fwd L to R hnd star DRW, fwd R/lk L, fwd R (*Fwd L, fwd R trng 5/8 LF, bk L/lk R, bk L*);
 Chng to L hnd star fwd L/lk R, fwd L, chng to R hnd star fwd R/lk fwd L, fwd R;
- 6 – 8 RK & [FCG] TRIPLE CHA BACK ; ; UNDERARM TURN TO HANDSHAKE ;
 6-7 In R hnd star rk fwd L, rec R, bk L/lk R, bk L; Chng to L hnd star bk R/lk L, bk R, chng to R hnd star bk L/lk R, bk L;
 8 R Hndshk XRIB, rec fwd L fc WALL, sd R/cl L, sd R (*XLIF trng ½ RF, fwd R trng to fc ptr, sd L/cl R, sd L*);
- 9 – 12 SHADOW BREAK 2 X ; ; TRADE PLACES 2 X ; ;
 9-10 In R Hndshk trn ¼ LF (*RF extending L arm behind ptr*) bk L, rec fwd R trn ¼ RF (*LF*), sd L/cl R, sd L;
 In R Hndshk trn ¼ RF extending L arm behind ptr (*LF*) bk R, rec fwd L trn ¼ LF (*RF*), sd R/cl L, sd R;
 11-12 Rk apt L, rec R comm RF trn bhnd W releasing jnd R hnds, comp ½ RF trn sd & bk L/cl R, bk L to L Hndshk;
 Rk apt R, rec L comm LF trn bhnd W releasing jnd L hnds, comp ½ LF trn sd & bk R/cl L, bk R to R Hndshk;

INTERLUDE

- 1 – 4** **ALTERNATIVE BASIC 2 X ; ; DOUBLE CUBANS ; ;**
1-2 Cl L, SIP R, sd L/cl R, sd L; Cl R, SIP L, sd R/cl L, sd R;
3-4 Repeat meas. 5 & 6 of Introduction;;

A [MODIFIED)

Repeat meas. 1 – 9 ::::::::::

- 10 **BOTH TURN TO FACE THE WALL LADY IN 4 ;**
 10 X chk bk R, rec L, trng RF sm fwd R/cl L, sm fwd R (*X chk fwd L, rec R, trn LF sm fwd L, SIP R*) to L VARSOUV WALL;

ENDING

- 1 DIP BACK & LEG CRAWL ;**
1 Bk L with slight LF rotation keep R leg extended (Fwd R lift L leg up along man's outer thigh) , - , - , - ;

I'M SO DIZZY

PHASE IV + 2 + 1 CHA
(DOUBLE CUBANS, OPEN HIP TWIST)
(CHASE FULL TURN)

INTRO: BFLY COH WAIT ; ;
CHASE WITH UNDERARM PASS ; ;
DOUBLE CUBANSDDAN ; ;

A: CHASE FULL TURN TO HANDSHAKE ; ; FLIRT ; LADY IN 4 ;
[LF FT] PARALLEL CHASE ; ; LEFT FACE LARIAT $\frac{1}{2}$;
WHEEL $\frac{1}{2}$ TO MAN'S VARSOUV LADY IN 4 ;
MAN'S SWEETHEART 2 X ; MEN TURN TO HANDSHAKE ;

B: OPEN HIP TWIST TO A FAN ; ; HOCKEY STICK WITH FACING TRIPLE CHA FWD ; ; ;
RK & TRIPLE CHA BACK ; ; UNDERARM TURN TO HANDSHAKE ;
SHADOW BREAK 2 X ; ; TRADE PLACES 2 X ; ;

A: CHASE FULL TURN TO HANDSHAKE ; ; FLIRT ; LADY IN 4 ;
[LF FT] PARALLEL CHASE ; ; LEFT FACE LARIAT $\frac{1}{2}$;
WHEEL $\frac{1}{2}$ TO MAN'S VARSOUV LADY IN 4 ;
MAN'S SWEETHEART 2 X ; MEN TURN TO FC ;

INT: ALTERNATIVE BASIC 2 X ; ;
DOUBLE CUBANS TO HANDSHAKE ; ;

B: OPEN HIP TWIST TO A FAN ; ; HOCKEY STICK WITH FACING TRIPLE CHA FWD ; ; ;
RK & TRIPLE CHA BACK ; ; UNDERARM TURN TO HANDSHAKE ;
SHADOW BREAK 2 X ; ; TRADE PLACES 2 X ; ;

A: CHASE FULL TURN TO HANDSHAKE ; ; FLIRT ; LADY IN 4 ;
[LF FT] PARALLEL CHASE ; ; LEFT FACE LARIAT $\frac{1}{2}$;
WHEEL $\frac{1}{2}$ TO MAN'S VARSOUV LADY IN 4 ;
MAN'S SWEETHEART 2 X ; BOTH TURN FC WALL LADY IN 4 ;

A: PARALLEL CHASE ; ; LEFT FACE LARIAT $\frac{1}{2}$;
WHEEL $\frac{1}{2}$ TO MAN'S VARSOUV LADY IN 4 ;
MAN'S SWEETHEART 2 X ; MEN TURN TO CP ;

END: DIP BK & LEG CRAWL ;

DEBBIE & PAUL TAYLOR
"DIZZY"

CD: PLATINUM COLLECTION – THE VERY BEST OF TOMMY ROE OR
HANKY PANKY OR
TOMMY ROE: TAKE TEN
(TOMMY ROE)
RELEASED SEPTEMBER 2016