Head Rush

www.linedancerweb.com
www.linedancefoundation.com
www.crystalbootawards.com

16 Count 2 Wall High Intermediate Level Dance.
Choreographed by: Kim Ray (UK) Nov 2026
Choreographed to: Dizzy by Safire Ray
Intro: 8 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	**STEP KICK, BACK, ¼ STEP, STEP, STEP, POINT, BACK, POINT,**
	DIAMOND ½ TURN, STEP DRAG, STEP DRAG
1	Step forward on left kicking right forward (1:30)
2&a	Step back on right, ¼ turn left stepping forward on left, step forward on right (10:30)
3&	Step forward on left, point right to right side
a4&	Step back on right, point left to left side, hold (10:30)
5&a	Step forward on left, ⅛ turn left stepping right to right side, ⅛ turn left stepping back on left (7:30)
6&a	Step back on right, ⅛ turn left stepping left to left side, ⅛ turn left stepping forward on right (4:30)
7	Step forward on left dragging right to left
8	Step forward on right dragging left to right

SEC 2	**STEP, PIVOT ½ TURN, ½ BACK, SPIRAL ⅜ TURN, SWEEP, WEAVE,**
	SIDE, ROLLING VINE, POINT, ¼ STEP, STEP, PIVOT ½
1-2	Step forward on left, pivot ½ turn right weight on right (10:30)
a3	½ Turn right stepping back on left, spiral ⅜ turn right stepping forward on right sweeping left from back to front (9:00)

Restart	Here on Wall 5, add the following then restart
4&a	Cross step left over right, ⅛ turn left step back on right, touch left next to right (1:30)

4&a	Cross step left over right, step right to right side, cross step left behind right
5	Large step right to right side pointing left to left side
6a	¼ Turn left stepping forward on left, ½ turn left stepping back on right (12:00)
7	¼ Turn left stepping left to left side pointing right to right (9:00)
8&a	¼ Turn right stepping forward on right, step forward on left, pivot ⅝ right weight to right (7:30)

Tag 1	At end of Wall 2
	FORWARD, POINT, BACK, POINT
1	Step forward on left kicking right forward
a2	Step back on right, point left to left side

tag 2	At end of Wall 7
	FORWARD, KICK, BACK X 3, TOUCH, HOLD
1	Step forward on left kicking right forward
2&a	Step back right, step back left, large step back right
3-4	Touch left toe in front of right toe, hold (7:30)