

# Poison Life

Count: 32

Wall: 4

Level: Improver

Choreographer: Alan Birchall (UK) - May 2008

Music: Poison Prince - Amy Macdonald : (CD: Amy MacDonald - This Is The Life)



**Start: On Lyrics - Seconds: 44 Count: 36 From Start Of Main Music BPM: 109**

## **LOCK STEPS X2, ROCK, RECOVER, CROSS, TOE, HEEL, CROSS**

- 1&2 Step Forward On Left, Lock Right Behind Left, Step Forward On Left  
3&4 Step Forward On Right, Lock Left Behind Right, Step Forward On Right  
5&6 Rock Left To Left, Recover On Right, Cross Left Over Right  
7&8 Touch Right Toe Left Instep, Touch Right Heel To Left Instep, Cross Right Over Left

## **TOE, HEEL, STEP, CROSS, BACK, SIDE, CROSS, SIDE, CLOSE, SIDE**

- 9&10 Touch Left Toe Beside Right, Touch Left Heel Beside Right, Step Left To Left  
11-12 Cross Right Over Left, Step Back On Left  
13-14 Step Right To Right, Cross Left Over Right  
15&16 Step Right To Right, Left By Right, Step Right To Right

## **CROSS ROCK, RECOVER, ¾ TRIPLE TURN LEFT, ROCK, RECOVER, COASTER STEP**

- 17-18 Cross Rock Left Over Right, Recover On Right  
19&20 Make ¾ Triple Turn Left(Backwards) Stepping Left, Right, Left (3'0' Clock)  
**Alternative: Cross Left Behind Right, Making ¼ Turn Right Step Right To Right, Forward On Left**  
21-22 Rock Forward On Right, Recover On Left  
23&24 Step Back On Right, Step Left By Right, Step Forward On Right

## **STEP, ½ PIVOT, FULL TRIPLE TURN, TAP, HEEL JACK, STEP, TOUCH**

- 25-26 Step Forward On Left, ½ Pivot Right  
27&28 Make Full Triple Turn Right Stepping Left, Right, Left (9 '0' Clock) Alternative: Lock Step  
29&30 Tap Right Toe By Left, Step Back On Right, Extend Left Heel  
&31 Step Weight On Left, Tap Right Toe By Left  
&32 Step Back On Right, Hook Left Over Right Shin

## **START AGAIN**

**Note: The Dance will go off phrase with the lyrics – don't worry, all will come good further on!!**

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