

Poison On My Mind (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Carol Bates (UK) - 2011年01月
音乐: Poison - Nicole Scherzinger



第一段 Step Back, Back, Sailor ½ Turn, Forward Rock, Toe Strut Back

- 1-2 Step back on right foot, step back on left foot
右足後踏, 左足後踏
- 3&4 Step right behind left, turn ½ right stepping left to left side, step right beside right 右足於左足後踏, 右轉180度左足左踏, 右足併踏
- 5-6 Rock forward on left, recover on right 左足前下沉, 右足回復
- 7-8 Touch left toe back, drop left heel (taking weight on left)
左足趾後點, 左足踵踏(重心在左足)

第二段 Step Back, Turn ½ Left, Shuffle Forward, Jazz Box ¼ Turn Left Touch

- 1-2 Step back on right, turn ½ turn left stepping forward on left
右足後踏, 左轉180度左足前踏
- 3&4 Step forward on right, step left next to right, step forward on right 右足前踏, 左足併踏, 右足前踏
- 5-6 Cross left over right, step back on right
左足於右足前交叉踏, 右足後踏
- 7-8 Turn ¼ left stepping left to left side, touch right next to left
左轉90度左足左踏, 右足併點

第三段 Rolling Vine Right, Brush Left Over Right, Cross Rock Recover, ¼ Chasse Turn Left

- 1-2 Turn ¼ turn right stepping forward on right, turn ½ turn right stepping back on left 右轉90度右足前踏, 右轉180度左足後踏
- 3-4 Turn ¼ turn right stepping right to right side, brush left over right 右轉90度右足右踏, 左足於右足前刷
- 5-6 Cross rock left over right, recover on right
左足於右足前交叉下沉, 右足回復
- 7&8 Step left to left side, close right next to left, turn ¼ left stepping forward on left 左足左踏, 右足併踏, 左轉90度左足前踏

第四段 Right Syncopated Weave, Back Rock Recover, Left Kick Ball Cross

- 1-2 Step right to right side, step left behind right
右足右踏, 左足於右足後踏
- 8&3-4 Step right to right side, cross left over right, step right to right side 右足右踏, 左足於右足前交叉踏, 右足右踏
- 5-6 Rock back on left, recover on right 左足後下沉, 右足回復
- 7&8 Kick left foot forward, step left next to right, cross right over left 左足前踢, 左足併踏, 右足於左足前交叉踏

RESTART: on wall 3 - Add an '&' count stepping weight onto left foot, and start the dance from the beginning 第三面牆多做一個&拍將重心移至左足後, 從頭起跳

第五段 Hold, Ball Cross, Step Back, Back, Left Shuffle Forward, Rock Forward Recover

- 1&2 Hold, step left to left side, cross right over left
候, 左足左踏, 右足於左足前交叉踏
- 3-4 Step back on left, step back on right 左足後踏, 右足後踏
- 5&6 Step forward on left, step right next to left, step forward on left 左足前踏, 右足併踏, 左足前踏
- 7-8 Rock forward on right, recover on left foot 右足前下沉, 左足回復

- 第六段 Side Rock, Recover , ½ Hinge Turn Left Rock Onto Right, Recover, ½ Hinge Turn Right, Step Together, Walk, Walk**
- 1-2 Rock right to right side, recover on left 右足右下沉, 左足回復
- 3-4 On ball of left turn ½ turn left rock onto right foot, recover on left
左轉180度右足右下沉, 左足回復
- 5-6 On ball of left turn ½ turn right stepping right to right side, step left next to right 右轉180度右足右踏, 左足併踏
- 7-8 Walk forward right, walk forward left 右足前走, 左足前走
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