

Poison

拍数: 32 墙数: 4 级数: Improver
编舞者: Kim Liebsch (DK) - June 2020
音乐: Blame It On Me - Melanie C : (3:08)



Intro: 16 counts (appr.8 seconds) Start with weight on L foot

**2 tags:

(1) After wall 5 – Step R to R side while dragging L to R over 4 counts *(9:00)

(2) After wall 9 – See description **(9:00)

#1 section: Back rock, chasse ¼ turn, cross rock, chasse ¼ turn

1-2 Rock back on R, recover on L 12:00
3&4 Step R to R side, step L next to R, make ¼ turn R stepping fw. on R 3:00
5-6 Cross L over R, recover on R 3:00
7&8 Step L to L side, step R next to L, make ¼ turn L stepping fw. on L 12:00

#2 section: Triple step on spot, back back, triple step on spot, back rock

1&2 Triple step R-L-R on spot 12:00
3-4 Step back on L, step back on R 12:00
5&6 Triple step L-R-L on spot 12:00
7-8 Rock back on R, recover on L 12:00

#3 section: Step ¼ turn, cross shuffle, side rock, cross shuffle

1-2 Step fw. on R, make ¼ turn L stepping L to L side 9:00
3&4 Cross R over L, step L to L side, cross R over L 9:00
5-6 Rock L to L side, recover on R 9:00
7&8 Cross L over L, step R to R side, cross L over R 9:00

#4 section: 2 X ¼ turn, step ½ turn, back rock, 2 low kicks

1-2 Make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side 3:00
3-4 Step fw. on R, make ½ turn R stepping back on L 9:00
5-6 Rock back on R, recover on L 9:00
7-8 Make 2 low kicks with R foot *(9:00)**(9:00) 9:00

Tag 2

#1 section: Basic step R-L, step step ½ turn step, step ½ turn

1-2& Step R to R side, close L behind R, cross R over L 9:00
3-4& Step L to L side, close R behind L, step fw. on L 9:00
5-6&7 Step fw. on R, step fw. on L, make ½ turn R stepping fw. on R, step fw. on L 3:00
8& Step fw. on R, make ½ turn L stepping fw. on L 9:00

#2 section: Basic step R-L, step step ½ turn step, cross rock

1-2& Step R to R side, close L behind R, cross R over L 9:00
3-4& Step L to L side, close R behind L, step fw. on L 9:00
5-6&7 Step fw. on R, step fw. on L, make ½ turn R stepping fw. on R, step fw. on L 3:00
8& Cross R over L, recover on L 3:00

Good Luck & N'joy!

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