

# Poison

拍数: 32      墙数: 2      级数: Improver  
编舞者: Rep Ghazali (SCO)  
音乐: Poison - BR5-49



## FORWARD FORWARD, FORWARD MAMBO, BACK BACK, BACK MAMBO

1-2      Walk forward right, walk forward left  
3&4      Rock forward right, recover on left, step back right  
5-6      Walk back left, walk back right  
7&8      Rock back left, recover on right, step forward left

## ROCK FORWARD, TRIPLE ½ TURN, TRIPLE ½ TURN, COASTER STEP

1-2      Rock forward right, recover on left  
3&4      Triple ½ turn right stepping right-left-right  
5&6      Triple ½ turn right stepping left-right-left  
7&8      Step back right, step left together, step forward right

## ¼ TURN STEP SIDE, ¼ TURN CHASSE, ¼ TURN ¼ TURN, ¼ TURN CHASSE

1-2      ¼ turn left stepping left forward, step right to right side  
3&4      ¼ turn left stepping left to left side, step right together, step left to left side  
5-6      ¼ turn left stepping right to right side, ¼ turn left stepping left to left side  
7&8      ¼ turn left stepping right to right side, step left together, step right to right side

## CROSS SIDE, BACK SHUFFLE, ROCK BACK, FULL TURN

1-2      Cross left over right, ¼ turn left stepping back right  
3&4      Step back left, step right together, step forward left  
5-6      Rock back right, recover on left  
7-8      ½ turn left stepping back right, ½ turn left stepping forward left

**Easier option: walk forward right-left**

**REPEAT**

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