

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
