

Poison

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) - January 2011
音乐: Poison - Nicole Scherzinger : (CD Single)



[1-8] Touch turn, Cross side, Cross side, Behind side cross

1-2 Touch right toe back, unwind $\frac{1}{4}$ turn right (3:00)
&3-4 Step left next to right, Cross right over left, Step left to left side
&5-6 Step right next to left, Cross left over right, Step right to right side
7&8 Step left behind right, Step right to right side, Step left across right

[9-16] Side rock, Sailor $\frac{1}{4}$, $\frac{1}{2}$ turn, $\frac{1}{2}$ turn, Shuffle $\frac{1}{2}$ turn

1-2 Rock right to right side, Recover onto left
3&4 Step right behind left, Make $\frac{1}{4}$ turn right stepping left to left side, Step right forward (6:00)
5-6 $\frac{1}{2}$ turn left stepping forward onto left, (12:00) $\frac{1}{2}$ turn left stepping back onto right (6:00)
7&8 $\frac{1}{2}$ turn left stepping forward onto left, Step right next to left, Step forward onto left (12:00)

[17-24] Jazz box $\frac{1}{4}$ turn, $\frac{1}{2}$ turn monetary

1-2 Cross right over left, Step back onto left
3-4 $\frac{1}{4}$ turn right stepping forward onto right, Step forward onto left
5-6 Touch right to right side, Make $\frac{1}{2}$ turn right stepping right next to left
7-8 Touch left to left side, Touch left next to right

[25-32] Kick and Cross, Back side, Cross kick, Slide touch

1&2 Kick left to left side, Step left next to right, Cross right over left
3-4 Step back onto left, Step right to right side
5-6 Cross left over right, Kick right to right side
&7-8 Step right next to left, Step left to left side, Touch right next to left

Tag: After walls 1, 3, 4, 9 (after wall 9 do tag up to 12 counts restart)

[1-8] Full turn roll right, Kick and point and point touch

1-2 $\frac{1}{4}$ turn right stepping right forward, $\frac{1}{2}$ turn right stepping back onto left
3-4 $\frac{1}{4}$ turn right stepping right to right side, Touch left next to right
5&6 Kick left forward, Step left next to right, Touch right to right side
&7-8 Step right next to left, Touch left to left side, Touch left next to right

[9-16] Full turn roll right, Kick and point and point touch

1-2 $\frac{1}{4}$ turn left stepping left forward, $\frac{1}{2}$ turn left, stepping back onto right
3-4 $\frac{1}{4}$ turn left stepping left to left side, touch right next to left
5&6 Kick right forward, Step right next to left, Touch left to left side
&7-8 Step left next to right, Touch right to right side, Touch right next to left