Poison



拍數: 32 牆數: 4 級數: Improver

編舞者: Sally Hung (TW) - June 2017

音樂: Poison (포이즌) - Uhm Jung Hwa (엄정화)



Sequence of dance:

Intro dance at the beginning

Tag after finishing Wall 6, facing 6:00

Tag after finishing S2 of Wall 11(The 8th count of S2 will be changed as: make 1/4 turn L flick R, in order to face 12:00)

Intro: 16 counts after heavy beats (approx 27 sec), start to dance intro dance

Intro dance(Tag) 32 counts (Hands movements please watch the video)

1,2,3,4	Step R to the R, touch L behind R, step L to the L, touch R behind L
5,6,7,8	Step R to the R, touch L beside R, step L to the L, touch R beside L
9.10,11,12	Point R hand up to R, point L hand up to L, point R hand up to R, slap R hand on L thigh with L hitch (weight changing as R-L-R)
13,14,15,16	Point L hand up to L, point R hand up to R, point L hand up to L, slap L hand on R thigh with R hitch (weight changing as L-R-L)

17-32 Repeat 1-16

Main Dance (32 counts)

S1. SIDE, TOUCH, SIDE, TOUCH, 1/4 L WALK BACK, TOUCH

1,2,3,4	Step R to the R, touch L across R, step L to the L, touch R across L
5,6,7,8	¼ turn L walk back on RLR, touch L fwd with hip bump to L

S2. CROSS, POINT, CROSS, POINT, SWAY L-R-L, FLICK

1,2,3,4	Cross step L over R, point R toe out to R side, cross step R over L, point L toe out to L side
5,6,7,8	Sway L-R-L, flick R

S3. VINE R WITH TOUCH, ROLLING VINE FULL TURN L, TOUCH

1,2,3,4	Step R to the R, cross step L behind R, step R to the R, touch L beside R
5.6.7.8	Rolling vine full turn L stepping L-R-L, touch R beside L

S4. CROSS, BACK, CHASSE R, CROSS, BACK, COASTER STEP

1,2,3&4	Cross R over L, step back on L, step R to the R, step L together, step R to the R
5,6,7&8	Cross L over R, step back on R, step back on L, step R together, step L fwd

Happy Dancing!

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