

Toxic

拍數: 32 牆數: 2 級數: Improver
編舞者: The Dancing Queen B (USA) - May 2022
音樂: Project - Chase McDaniel



** 48 Count Intro **

[1-8] SCUFF, HITCH, STOMP, HIP BUMP, KICK, COASTER, TRIPLE - 12:00

1 & 2 Scuff R (1), small hitch R (&), stomp R (2).
3 & 4 Bump R hip fwd (3), bump L hip back (&), kick R fwd (4).
5 & 6 Step back on R (5) step L next to R (&), step fwd on R (6).
7 & 8 Step fwd on L (7), step R next to L (&), step fwd on L (8).

[9-16] PIVOT HALF TURN (x2), SYNCOPATED POINTS RLR, FLICK - 12:00

1, 2 Step R fwd (1), pivot ½ turn over L shoulder (2).
3, 4 Step R fwd (3), pivot ½ turn over L shoulder (4).
5&6& Point R to R (5), step R next to L (&), point L to L side (6), step L next to R (&).
7, 8 Point R to R side (7), flick R foot behind L knee (8).

****RE-START here on wall 4 & 9.**

[17-24] ¼ SHUFFLE RLR, TRIPLE FWD LRL, PRESS W/BODY ROLL, TRIPLE BACK RLR - 3:00

1 & 2 Making ¼ turn R Step R (1), step L to R (&), step fwd R (2).
3 & 4 Step fwd L (3), step R to L (&), step fwd L (4).
5, 6 Press R fwd (5), body roll-Head to toe, taking weight back on L (6). touch R forward, body roll
7 & 8 Step back R (7), step L to R (&), step back R (8).

[25-32] KNEE POPS BACK (x2) , BALL CROSS, ½ UNWIND L, STEP PIVOT ¼ TURN R, HIP BUMP (x3) - 6:00

1, 2 Step back on L slightly pop R knee fwd (1), step back on R slightly pop L knee fwd (2).
& 3, 4 Step down on L (&), Cross R over L (3), unwind ½ turn L, keeping weight on L (4).
5, 6 Step fwd on R (5), pivot ¼ turn L, keeping weight even (6).
7 & 8 Bump hips to L (7), bump hips to R (&), Bump hips L (8).

***Styling option for 7&8: You can replace "hip bumps" w/ "hip sways" LRL OR "Drop it" to the floor, bend fwd at hips, upper body quickly "snaps" fwd. Add fun hair flip, etc.)**

TWO RESTARTS: On wall 4 & wall 9, dance the first 16 counts and after you FLICK, start the dance over.

Add your own flare, there is a lot of room for it!
Revised by Trevor T. (My hero) ;)- 8/31/2022

Last Update: 13 Oct 2022