

Poison

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: A1C (WLS)
音樂: Poison - Bardot



- 1 Right foot kick forward to the left diagonal
&2 Right step together, left toe touch forward to the left diagonal
3 Left foot kick forward to the right diagonal
&4 Left step together, right hitch to face the front
5-6 Right step forward, pivot a ½ turn left
7-8 Right step forward, pivot a ½ turn left
- 9-12 Roll right knee up! Roll left knee up!
Rolling up: start from the heel and make a ripple to the waist
13-16 Right sailor step, left sailor step
- 17-18 Right foot cross behind left, unwind a ¾ turn right and flick left foot back
19&20 Run forward left, right, left
21-23 Step right foot to the side and sway hips right, left, right
24 Left foot touch next to right
- 25&26 Left foot kick forward, left foot step back, right stomp over left
27&28 Left foot kick forward, left foot step back, right stomp over left
- 29-30 Unwind a full turn left, point right toe to the side
31&32 Swivel right heel in, out, in

REPEAT

TAG

You only do this tag once which is at the end of the third repetition

- 1& Right foot kick forward, right step together
2 Left foot step forward
& Right foot kick forward
3 Right foot step over left
& Left foot step back
4 Right toe point to the side