

Toxic

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Joey Warren (USA) - December 2003
音樂: Toxic - Britney Spears



- 1-8 Sway to R, Sway to L, and Walk forward**
1-2 Sway to R stepping R leg to side
3-4 Sway to L stepping L leg to side - (weight ending up on L)
5-8 Walk forward R, L, R, L
- 9-16 Sailor, Sailor with ¼ turn, Touch, Step, Roll knees out**
1&2 Step R foot behind L, Step L foot out to L side, Step R out beside of L
3&4 Step L foot behind R, Step R foot out to R side, Step L forward with ¼ turn L
5-6 Touch R toe forward and lean body back, Step R beside of L (weight even)
7-8 Roll both knees outward in a circle, Bring knees back (Put weight on L on 8)
- 17-24 Shuffle, Shuffle, Monterey Turn**
1&2 Shuffle R, L, R- (step R forward, slide L to R, Step R forward)
3&4 Shuffle L, R, L- (step L forward, slide R to L, step L forward)
5-6 Touch R toe to R side, ½ Turn to R stepping R down beside of L
7-8 Touch L toe to L side, Touch L foot beside of R
- 25-32 Out & Cross Touch, Out & Cross Step, Shoulder Movement**
&1&2 Step L foot out, Touch R toe to R side, Step R back to L, Cross L over R with L touch
&3&4 Step L foot out, Touch R toe to R side, Step R back to L, Cross L over R with step down
(Move to the R traveling forward on those Out & Crosses) (Facing 3 o'clock wall)
5-8 Pop R shoulder forward, L shoulder back, R shoulder forward, L shoulder back (Weight should end up on L after that last should pop back)
- 33-40 Step, Hold, ¾ turn with wrap, Hold, Step, Body Roll**
1-2 Step forward on R, Hold for count 2
3-4 ¾ turn to L wrapping L foot around in front of R, Step down on L crossed over R
5-6 Step R to R side, Hold for count 6
7-8 Start with head and roll body down (weight ending on R)
- 41-48 Heel Jacks, ½ turn on heels**
&1&2 Step L beside of R, Place R heel to R side, Step R foot down, Touch L next to R
&3&4 Step down on L, Place R heel to R side, Step R foot down, Step L beside of R
(Travel to the side with those heel jacks, and weight needs to be even after you do count 4)
5-8 Make a ½ turn to L with your feet going- Toes, Heels, Toes, Heels
(Feet together, just turn a little each time till you make a ½ turn-end with weight on L)
- 49-56 Step, Cross, Step, Step, Cross, Step, Step, Step**
1-2 Step back on R, Cross L over R (be sure to step down on that L)
3-4 Step back on R, Step L out to L (about shoulder length)
5-6 Cross R over L-(step down on R when crossed), Step back on L
7-8 Step R out to R-(about shoulder length), Step L in place-(weight on L)
- 57-64 Kick & Kick, Kick & Kick, ¼ turn with shoulder movement**
1&2& Kick R foot forward, swing R foot back-(still in air), Kick R foot forward, Step on R
3&4& Kick L foot forward, swing L foot back-(still in air), Kick L foot forward, Step on L
5-6 Step R foot forward-bring L shoulder down), ¼ turn L-swinging R shoulder around
(Your body should be bent and leaning toward the R after swinging that R shoulder around)
7-8 Raise your body back up, Step L foot beside of R

RESTART: You will restart the dance 2 times.

1st Time: After you do the first 32 counts the first time, Restart the dance over (You will be facing your back wall after counts 1-32 that's the 1st restart)(*Your actually facing 3 o'clock but when you step out right make ¼ turn right to make you face the back wall!)

2nd Time:This restart comes after you start the dance the 6th time. You will dance the dance; counts 1-48 on the 6th time you start the dance-(counting restart 1) Then after your Toe, Heel, Toe, Heel ½ turn you will restart with your sailor to the left-(count 9-16) Dance the dance all the way through till the end of the music after you start with your sailor to the left, (Sailor step-right, left, right.)

TAG: Very Easy! This happens to your sidewalls and only 2 times. It's after count 64 and all you are going to do is roll your body in a circle slowly starting to the R first and rolling around to the left and centering back up on count 8(ending with weight on L). Then you are ready to sway to the Right. (beginning of dance)

1st Tag: You do it to the R sidewall first-(after you start the dance 2 times)

2nd Tag: You do it to the L sidewall second-(after you start the dance 5 times)

***The wall changes are different because of the first restart. You do the front wall then the back and then the Right wall, this is where you do the Tag the first time. But you do face all 4 walls through the dance.**
