

Poison Life

拍數: 32 牆數: 4 級數: Improver
編舞者: Alan Birchall (UK) - May 2008
音樂: Poison Prince - Amy Macdonald : (CD: Amy MacDonald - This Is The Life)



Start: On Lyrics - Seconds: 44 Count: 36 From Start Of Main Music BPM: 109

LOCK STEPS X2, ROCK, RECOVER, CROSS, TOE, HEEL, CROSS

1&2 Step Forward On Left, Lock Right Behind Left, Step Forward On Left
3&4 Step Forward On Right, Lock Left Behind Right, Step Forward On Right
5&6 Rock Left To Left, Recover On Right, Cross Left Over Right
7&8 Touch Right Toe Left Instep, Touch Right Heel To Left Instep, Cross Right Over Left

TOE, HEEL, STEP, CROSS, BACK, SIDE, CROSS, SIDE, CLOSE, SIDE

9&10 Touch Left Toe Beside Right, Touch Left Heel Beside Right, Step Left To Left
11-12 Cross Right Over Left, Step Back On Left
13-14 Step Right To Right, Cross Left Over Right
15&16 Step Right To Right, Left By Right, Step Right To Right

CROSS ROCK, RECOVER, ¾ TRIPLE TURN LEFT, ROCK, RECOVER, COASTER STEP

17-18 Cross Rock Left Over Right, Recover On Right
19&20 Make ¾ Triple Turn Left(Backwards) Stepping Left, Right, Left (3'0' Clock)
Alternative: Cross Left Behind Right, Making ¼ Turn Right Step Right To Right, Forward On Left
21-22 Rock Forward On Right, Recover On Left
23&24 Step Back On Right, Step Left By Right, Step Forward On Right

STEP, ½ PIVOT, FULL TRIPLE TURN, TAP, HEEL JACK, STEP, TOUCH

25-26 Step Forward On Left, ½ Pivot Right
27&28 Make Full Triple Turn Right Stepping Left, Right, Left (9 '0' Clock) Alternative: Lock Step
29&30 Tap Right Toe By Left, Step Back On Right, Extend Left Heel
&31 Step Weight On Left, Tap Right Toe By Left
&32 Step Back On Right, Hook Left Over Right Shin

START AGAIN

Note: The Dance will go off phrase with the lyrics – don't worry, all will come good further on!!