

# Poison on My Mind

COPPERKNOB  
BY STEPHEN BATES

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Carol Bates (UK) - January 2011  
音樂: Poison - Nicole Scherzinger



## Step back, back, sailor ½ turn, forward rock, toe strut back

- 1 – 2      Step back on right foot, step back on left foot
- 3 & 4      Step right behind left, turn ½ right stepping left to left side, step right beside right
- 5 – 6      Rock forward on left, recover on right
- 7 – 8      Touch left toe back, drop left heel (taking weight on left)

## Step back, turn ½ left, shuffle forward, jazz box ¼ turn left touch

- 1 – 2      Step back on right, turn ½ turn left stepping forward on left
- 3 & 4      Step forward on right, step left next to right, step forward on right
- 5 – 6      Cross left over right, step back on right
- 7 – 8      Turn ¼ left stepping left to left side, touch right next to left

## Rolling vine right, brush left over right, cross rock recover, ¼ chasse turn left

- 1 - 2      Turn ¼ turn right stepping forward on right, turn ½ turn right stepping back on left
- 3 – 4      Turn ¼ turn right stepping right to right side, brush left over right
- 5 – 6      Cross rock left over right, recover on right
- 7 & 8      Step left to left side, close right next to left, turn ¼ left stepping forward on left

## Right syncopated weave, back rock recover, left kick ball cross

- 1 – 2      Step right to right side, step left behind right
- &3 -4      Step right to right side, cross left over right, step right to right side
- 5 – 6      Rock back on left, recover on right
- 7 & 8      Kick left foot forward, step left next to right, cross right over left

**Restart here on wall 3 - Add an '&' count stepping weight onto left foot, and start the dance from the beginning**

## Hold, ball cross, step back, back, left shuffle forward, rock forward recover

- 1 & 2      Hold, step left to left side, cross right over left
- 3 – 4      Step back on left, step back on right
- 5 & 6      Step forward on left, step right next to left, step forward on left
- 7 – 8      Rock forward on right, recover on left foot

## Side rock, recover, ½ hinge turn left rock onto right, recover, ½ hinge turn right, step together, walk, walk

- 1 – 2      Rock right to right side, recover on left
- 3 – 4      On ball of left turn ½ turn left rock onto right foot, recover on left
- 5 – 6      On ball of left turn ½ turn right stepping right to right side, step left next to right
- 7 – 8      Walk forward right, walk forward left

Happy dancing

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