

Poison

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Seonhee Lim (KOR) & Jan Brookfield (UK) - October 2020

Music: Poison (포이즌) - Uhm Jung Hwa (엄정화)



Dance starts on vocals

Section 1 : ROCK, RECOVER, ROCKING CHAIR, FORWARD SHUFFLE

- 1,2 Rock R forward, recover weight back onto L
- 3,4,5,6 Rock R forward, recover onto L, rock R back, recover onto L
- 7&8 Shuffle forward on R,L,R

Section 2 : ROCKING CHAIR, PIVOT ½ TURN, SHUFFLE FORWARD

- 1,2,3,4 Rock L forward, recover onto R; rock L back, recover onto R
- 5,6 Step L forward, pivot half turn over right shoulder, weight now on R
- 7&8 Shuffle forward on L,R,L (6 o'clock)

Section 3 : SWAY OR CIRCLE HIPS ANTICLOCKWISE FOR 4 COUNTS; STEP, TOUCH, STEP, TOUCH

- 1,2,3,4 Step R to right side swaying hips right,, recover weight onto L, sway onto R, recover onto L
- *Alternatively : Step R to right side, then circle hips twice anticlockwise, ending with weight on L**
- 5,6,7,8 Step R to right side, touch L next to R; step L to left side, touch R next to L

Section 4 : CHASSE RIGHT, ROCK BACK, RECOVER; CHASSE LEFT WITH ¼ TURN RIGHT, ROCK BACK, RECOVER

- 1&2,3,4 Step R to right side, close L to R, step R to right side; rock L back, recover onto R
- 5&6,7,8 Making a quarter turn over right shoulder step L to left side, close R to L, step L to left side; rock R back, recover onto L (9 o'clock)

START AGAIN