

Poison on My Mind

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Carol Bates (UK) - January 2011

Music: 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
