Poison

拍数: 32

级数: Improver

编舞者: Sally Hung (TW) - June 2017

音乐: Poison (포이즌) - Uhm Jung Hwa (엄정화)

Sequence of dance: Intro dance at the beginning Tag after finishing Wall 6, facing 6:00 Tag after finishing S2 of Wall 11(The 8th count of S2 will be changed as: make ¼ turn L flick R, in order to face 12:00)

Intro: 16 counts after heavy beats (approx 27 sec), start to dance intro dance

Intro dance(Tag) 32 counts (Hands movements please watch the video)

- 1.2.3.4 Step R to the R, touch L behind R, step L to the L, touch R behind L
- 5.6.7.8 Step R to the R, touch L beside R, step L to the L, touch R beside L
- 9.10,11,12 Point R hand up to R, point L hand up to L, point R hand up to R, slap R hand on L thigh with L hitch (weight changing as R-L-R)
- Point L hand up to L, point R hand up to R, point L hand up to L, slap L hand on R thigh with 13,14,15,16 R hitch (weight changing as L-R-L)
- 17-32 Repeat 1-16

Main Dance (32 counts)

S1. SIDE, TOUCH, SIDE, TOUCH, ¼ L WALK BACK, TOUCH

- 1,2,3,4 Step R to the R, touch L across R, step L to the L, touch R across L
- 5,6,7,8 1/4 turn L walk back on RLR, touch L fwd with hip bump to L

S2. CROSS, POINT, CROSS, POINT, SWAY L-R-L, FLICK

1,2,3,4 Cross step L over R, point R toe out to R side, cross step R over L, point L toe out to L side 5,6,7,8 Sway L-R-L, flick R

S3. VINE R WITH TOUCH, ROLLING VINE FULL TURN L, TOUCH

- 1,2,3,4 Step R to the R, cross step L behind R, step R to the R, touch L beside R
- 5,6,7,8 Rolling vine full turn L stepping L-R-L, touch R beside L

S4. CROSS, BACK, CHASSE R, CROSS, BACK, COASTER STEP

- 1,2,3&4 Cross R over L, step back on L, step R to the R, step L together, step R to the R
- 5.6.7&8 Cross L over R, step back on R, step back on L, step R together, step L fwd

Happy Dancing!

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墙数:4