

POISON LIFE

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner / Intermediate

Choreographer: Alan Birchall (May 2008)

Music: Amy Macdonald - Poison Prince. Teach Music: Amy Macdonald - This Is The Life 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, $\frac{3}{4}$ TRIPLE TURN LEFT, ROCK, RECOVER, COASTER STEP

- 17-18** Cross Rock Left Over Right, Recover On Right
- 19&20** Make $\frac{3}{4}$ Triple Turn Left(Backwards) Stepping Left, Right, Left (3'0' Clock)

Alternative: Cross Left Behind Right, Making $\frac{1}{4}$ 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, $\frac{1}{2}$ PIVOT, FULL TRIPLE TURN, TAP, HEEL JACK, STEP, TOUCH

- 25-26** Step Forward On Left, $\frac{1}{2}$ 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!!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=76052