

Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

&32

Poison Life

32 count, 4 wall, improver level Choreographer: Alan G. Birchall (UK) April 2008 Choreographed to: Poison Prince by Amy Macdonald, CD: This Is The Life (109 bpm); This Is The Life by Amy Macdonald

Start: On Lyrics Seconds: 44 Count: 36 From Start Of Main Music

	•
LOCK STI 1&2 3&4 5&6 7&8	Step Forward On Left, Lock Right Behind Left, Step Forward On Left Step Forward On Right, Lock Left Behind Right, Step Forward On Right Rock Left To Left, Recover On Right, Cross Left Over Right 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
17-18 19&20	OCK, RECOVER, 3/4 TRIPLE TURN LEFT, ROCK, RECOVER, COASTER STEP Cross Rock Left Over Right, Recover On Right Make 3/4 Triple Turn Left (Backwards) Stepping Left, Right, Left (3 o'clock) :: Cross Left Behind Right, Making 1/4 Turn Right Step Right To Right, Forward on Right Rock Forward On Right, Recover On Left
23&24	Step Back On Right, Step Left By Right, Step Forward On Right
STEP, PIVOT, FULL TRIPLE TURN, TAP, HEEL JACK, STEP, TOUCH	
25-26	Step Forward On Left, 1/2 Pivot Right
27&28	Make Full Triple Turn Right Stepping Left, Right, Left (9 o'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

Note: The Dance will go off phrase with the lyrics - don't worry all will come good further on!!

Step Back On Right, Hook Left Over Right Shin