

## Poison On My Mind

48 Count, 2 Wall, Intermediate

Choreographer: Carol (Crazyhorse) Bates (UK)

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Choreographed to: Poison by Nicole Scherzinger

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- 1 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)
- 2 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
- 3 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
- 4 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 & count stepping weight onto left foot and start the dance from the beginning
- 5 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
- 6 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

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