

## POISON LIFE



**Choreographer:** Alan G. Birchall  
**Level:** Beginner/Intermediate  
**Dance:** 4 Wall Linedance  
**Steps/Count:** 32  
**Restart:** None  
**Note:** The Dance will go off phrase with the lyrics – don't worry, all will come good further on!!  
**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

### **STEPS**

#### **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, ¾ TRIPLE TURN LEFT, ROCK, RECOVER, COASTER STEP**

**17-18** Cross Rock Left Over Right, Recover On Right  
**19&20** Make ¾ Triple Turn Left (Backwards) Stepping Left, Right, Left (3'0' Clock)  
**Alternative:** Cross Left Behind Right, Making ¼ 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, ½ PIVOT, FULL TRIPLE TURN, TAP, HEEL JACK, STEP, TOUCH**

**25-26** Step Forward On Left, ½ 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**