

Just Poison



Song: Training Session
Artist: Dua Lipa
Choreographer: Linda Burgess (Australia) February 2024
Description: 64 count, 2 Wall, Intermediate dance

BEATS **STEPS** **INTRO: 16 COUNTS**

1-8 **SIDE/ROCK, RECOVER, BEHIND, SIDE, CROSS, TOUCHES X 4**
1,2,3&4 Rock/step R to R, recover weight to L, cross/step R behind L, step L to L, cross/step R over L
5,6,7,8 Touch L to L side, touch L toe behind R, touch L toe to L side, touch L toe behind R

9-16 **SIDE/ROCK, RECOVER, CROSS/SHUFFLE, ¼, ½, PIVOT ¼**
1,2,3&4 Rock/step L to L, recover weight to R, cross/step L over R, step R to R, cross/step L over R
5,6,7,8 Turn ¼ L & step back R, turn ½ L & step fwd L, step fwd R, pivot ¼ turn L

17-24 **CROSS, SIDE, BEHIND, SIDE, CROSS, STEP, TOUCH, SIDE, TOUCH, SIDE, TOUCH**
1,2,3&4 Cross/step R over L, step L to L, cross/step R behind L, step L to L, cross/step R over L
5,6 & 7&8 Step L to L, touch R beside L, step R to R, touch L beside R, step L to L, touch R beside L

25-32 **PIVOT ½, WALK, WALK, TOE STRUTS FWD WITH HIP STYLING**
1,2,3,4 Step fwd R, pivot ½ turn L, step fwd R, step fwd L
5,6,7,8 Touch R toe fwd with R hip raised, lower heel, touch L toe fwd with L hip raised, lower heel
(these toe/heels move fwd and feel free to roll hips to R & L)

33-40 **CROSS, BACK, SIDE SHUFFLE, TOUCHES X 4**
1,2,3&4 Cross/step R over L, step back L, step R to R, step L beside R, step R to R
5,6,7,8 Touch L toe across R to R45, touch L toe back to L45, touch L toe across R to R45, touch L toe back to L45

41-48 **CROSS, BACK, SIDE SHUFFLE, TOUCHES X 4**
1,2,3&4 Cross/step L over R, step back R, step L to L, step R beside L, step L to L
5,6,7,8 Touch R toe across L to L45, touch R to back to R45, touch R toe across L to L45, touch R toe beside L

49-56 **FULL TURN R, TOUCH, FULL TURN L, SCUFF FWD**
1,2,3,4 Turn ¼ R & step fwd R, turn ½ R & step back L, turn ¼ R & step R to R, touch L beside R
5,6,7,8 Turn ¼ L & step fwd L, turn ½ L & step back R, turn ¼ L & step L to L, scuff R fwd

57-64 **JAZZ BOX CROSS, 4 KNEE POPS**
1,2,3,4 Cross/step R over L, step back L, step R to R, cross/step L over R
5,6,7,8 Step R to R & pop L knee, rock to L & pop R knee, rock to R & pop L knee, rock to L & pop R knee (styling- with a rocking motion & use arms of choice)

Begin again!

Tags: **End of wall 1 & 2. 16 counts**
1,2,3,4 R rocking chair
5,6,7,8 Pivot ½ turn L, 2 walks fwd
9-16 Repeat first 8 counts of Tag

Restart: Wall 5 (12.00). Dance counts 1-56. Omit the scuff on count 56, touch R beside L & Restart (6.00)
Ending: Dance counts 1-64, take a big step to R & drag L (R arm up high & L arm out to side) (1).