

# TOXIC

Music: Britney Spears, CD: In The Zone  
Choreo: Shane Gruber, USA (shanegang@yahoo.com)  
Adapted by Sandra Pohlmann (sandra.pohlmann@googlemail.com)

**INT**  
**144 BPM**  
**3:18**

Sequence: **Intro A A B Break C D A B Break C D E C C D**

**Wait 16 Beats**

## Intro:

<b>2 Toxic</b>	STO DT UP/HOP DS DT UP/HOP S(if) PVT( <b>1/2R</b> ) S S(if) PVT( <b>1/2R</b> ) S
	L R R L R L L R L R L R L R
	1 & 2 &3 & 4 5 & 6 7 & 8

## Part A:

Wiggle	TCH wait 3 beats, put weight on right foot S S(xif) PVT (1/2 L)
	L (move left hip up & down slowly) L R both
	1 2-4 & 5 6-8

Triple	DS DS DS RS
	L R L RL

Push Off	DS RS RS RS
	L RL RL RL

**Repeat Wiggle as written and add:**

Toxic	STO DT UP/HOP DS DT UP/HOP S(if) PVT( <b>1/2R</b> ) S S(if) PVT( <b>1/2</b> ) S
	L R R L R L L R L R L R L R
	1 & 2 &3 & 4 5 & 6 7 & 8

## Part B:

<b>2 MJ Loop</b>	DS DS(xif) R H(w, <b>turn 1/2 L</b> ) S DS LOOP ST(xif) DS RS
	L R L R L R L L L R LR
	&1 &2 & 3 4 &5 & 6 &7 &8

Double Down	DS DT BO( <b>1/4L</b> ) p JMP( <b>3/4R</b> ) RS
	L R both L RL
	&1 & 2 & 3 &4

Stomp Double	STO DS DS RS <b>turn 1/2 R</b>
	R L R LR

Toxic	STO DT UP/HOP DS DT UP/HOP S(if) PVT( <b>1/2R</b> ) S S(if) PVT( <b>1/2</b> ) S
	L R R L R L L R L R L R L R
	1 & 2 &3 & 4 5 & 6 7 & 8

## Break:

**Take your left hand and hold your right arm near the wrist up high and lower for 8 counts**

## Part C:

Samantha Pull	DS DS(xif) DR S(ib) DR S(ib) R H(ots/w) S(ib) DS RS
	L R R L L R L R L R LR
	&1 &2 & 3 & 4 & 5 & 6 &7 &8

Split Kick	DT S/T(ib) HOP/KK(xif) S RS
	L L R L R R LR
	& 1 2 3 &4

Jump Kick	BO BO/KK( <b>1/4R</b> ) S RS( <b>1/4R</b> )
	Both L R R LR
	1 2 3 &4

**Repeat all above as written**

Sequence: **Intro A A B Break C D A B Break C D E C C D**

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**Part D:**

Heel Out DS/H(ots) S DS DS  
L R R L R

Rocking Chair DS BR UP/H DS RS **turn 1/2 L**  
L R R L R LR

Ghostbuster DS DT(xif) H DT(unx) H S S S S KK UP/H DS RS **full turn R on 4-5**  
L R L R L R L R R L R LR  
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

**Repeat Heel Out & Rocking Chair 1/2 L and add:**

Toxic STO DT UP/HOP DS DT UP/HOP S(if) PVT(1/2R) S S(if) PVT(1/2) S  
L R R L R L L R L R L R L R L R  
1 & 2 & 3 & 4 5 & 6 7 & 8

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**Part E:**

3 Scoots DS SL RS SL  
**L/R/L** L L RL L  
&1 2 &3 4

Triple DS DS DS RS **turn 1/2 R**  
R L R LR

**Repeat all above as written and add:**

2 Grape Vine S(ots) S(xib) S(ots) TCH  
**L&R** L R L R

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