# Medicine



Count: 64 Wand: 2 Ebene: Improver

Choreograf/in: Anna Desiyanti (INA) - August 2020

Musik: Medicine - Jennifer Lopez & French Montana



### Restart on Wall 2

*\$	ess	in	n	1	*

*1-8 : Diagonal	Rock Forward - Recover - Step Closed - Big Step - Forward Together - Out Out - In In*
1,&,2	Rock R forward diagonally with hip pushed(1), Recover on L (&), Step R next to L(2)
3,&,4	Rock L forward diagonally with hip pushed(3), Recover on R(&), Step L next to R(4)
5,6	Big step R forward while put right hand in front of forehead with palm open outward and left hand behind the head with palm facing inward (5), Step L next to R(6)
&,7,&,8	Step R diagonal forward / step out(&), Step L diagonal forward / step out(7), Step R in to the center(&), Step L next to R(8)

#### \*Session 2\*

# \*9-16: Unwind - Brush, Cross Step - Recover - Step Side\*

1,2	Touch R behind L ,with both arms crossed over chest(1), ½ Turn right facing 06:00 step R in
	place, both arms dropped(2)
3,&,4	Brush L weight on R(3), Step L next to R(&), R Step in place(4)
5,&,6	Cross L over R(5), Recover on R(&), Step L next to R(6)
7,&,8	Cross R over L(7), Recover on L(&), Step R next to L(8)

#### \*Session 3\*

# \*17-24 : Big Step Forward - Touch - Backward - Sailor Step 2×\*

1,2	⅓ turn right facing 07.30, big step L forward(1), Touch R next to L(2)
3,4	Step R backward with right arm folded over chest(3), Step L backward with left arm folded over chest(4)
5,&,6	Cross R behind L(5), Step L slightly to left(&), Step R to right side(6)
7,&,8	Cross L behind R(7), Step R slightly to right(&), Step L to left side(8)

#### \*Session 4\*

# \*25-32 : Paddle Turn - Botafogo\*

1,&,2,&	Step R to right with hip bump to right(1), Step L in place with hip bump to left(&), 1/8 turn left
	facing 06:00, step R to right with hip bump to right(2), Step L in place with hip bump to left(&)
3,&,4,&	1/4 turn left facing 03:00, step R to right with hip bump to right(3), Step L in place with hip
	bump to left(&), 1/4 turn left facing 12:00, step R to right with hip bump to right(4), Step L in
	place with hip bump to left(&)
5,&,6	Cross R over L(5), Step L to left(6), Step R diagonally right forward(6)
7,&,8	Cross L over R(7), Step R to right(&), Step L diagonally left forward(8)
*Horo in Ponto	rt offer 22 counts on well2*

<sup>\*</sup>Here is Restart after 32 counts on wall2\*

### \*Session 5\*

*33-40 : Heel Switch -	Forward Big	Step - Drag*
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1,&,2,&	Tap R heel forward, weight on L(1), Step R next to L(&), Tap L heel forward(2), Step L next to
	R(&)
3,&,4,&	Tap R heel forward(3), R hitch(&), Tap R heel forward(4), Step R next to L
5,&,6,&	Tap L heel forward(5), Step L next to R(&), Tap R heel forward(6), Step R next to L(&)

7,8 Big step L forward(7), Drag R forward next to L(8)

## \*Session 6\*

\*40-48 : Twist - Anchor Step\*

1,&,2	Hands up during the twist. With balls, twist R and L together to right(1), Twist R and L together to left(&), Twist R and L together to right(2)
3,&,4	Keep hands up, twist R and L together to left(3), Twist R and L together to right(&), Twist R and L together to left(4)
5,&,6	Rock R behind L(5), Recover on L(&), Step R behind L(6)
7,&,8	Rock L behind R(7), Recover on L(&), L Step L behind R(8)

# \*Session 7\*

*49-56 :	Behind Side Cross - Touch - Hitch - Touch - Forward - Hitch - Lunges*
1,&,2	Cross R behind L(1), Step L to left(&), Cross R over L(2)
3,&,4	Touch L to left(3), L hitch, weight on R(&), Touch L to left(4)
5,6	Step L forward(5), R hitch, weight on L(6)
7,&,8	Step R to right and bend R knee, as touch L heel to left(7), Step L in place(&), Step R next to L as straightening the body up(8)

### \*Session 8\*

# \*57-64: Kick Ball Touch 2× - Scuff - Forward - Pivot Turn\*

1,&,2	Kick L forward, weight on R(1), Step L next to R(&), Touch R to right, weight on L(2)
3,&,4	Kick R forward, weight on L(3), Step R next to L(&), Touch L to left, weight on R(4)

5,6 Scuff L weight on R(5), L Step forward(6)

7,8 ½ turn right facing 06:00, step R forward(7), Step L next to R(8)

Last Update: 24 Feb 2025