

My Medicine

Count: 40

Wand: 2

Ebene: Improver

Choreograf/in: Milo Eve (NL) - November 2008

Musik: My Medicine - Snoop Dogg



Intro 4 count, dance starts at heavy beat.

**Step fwd 2x, rocking chair, step back 2x, coaster step
(at 12)**

- 1 LF Step fwd
- 2 RF Step fwd
- 3 LF Step fwd
- & RF Recover weight
- 4 LF Step bwd
- 5 RF Step bwd
- 6 LF Step bwd
- 7 RF Step bwd
- & LF Step next to
- 8 RF Step fwd

(at 12)

**Step fwd ¼ turn L step R ¼ turn L, step back 2x, step back ½ turn L, Step fwd, step fwd ¼ turn R 2x, step fwd
(at 12)**

- 9 LF Step fwd, ¼ turn L
- 10 RF Step R, ¼ turn L
- 11 LF Step bwd
- 12 RF Step bwd
- 13 LF Step bwd, ½ turn L
- 14 RF Step fwd
- 15 LF Step fwd, ¼ turn R
- & RF Step R, ¼ turn R
- 16 LF Step fwd

(at 6)

**Rock 2x, rock shuffle back, rock ¼ turn L, cross behind ¼ turn, coaster step
(at 6)**

- 17 RF Recover weight
- 18 LF Recover weight
- 19 RF Recover weight
- & LF Close in front
- 20 RF Step bwd
- 21 LF Step bwd, ¼ turn L
- & RF Recover weight
- 22 LF Cross behind RV, ¼ turn L
- 23 RF Step bwd
- & LF Step next to
- 24 RF Step fwd

(at 12)

**Step fwd 2x, step ¼ turn R 2x, step fwd, Lock shuffle 2x, step fwd
(at 12)**

- 25 LF Step fwd

26 RF Step fwd
27 LF Step fwd, ¼ turn R
& RF Step R, ¼ turn R
28 LF Step fwd
29 RF Step fwd
& LF Close behind
30 RF Step fwd
& LF Step fwd
31 RF Close behind
& LF Step fwd
32 RF Step fwd
(at 6)

**Step fwd ¼ turn R 2x, step fwd, rocking chair, coaster step, Step fwd ¼ turn L, step fwd
(at 6)**

33 LF Step fwd, ¼ turn R
& RF Step R, ¼ turn R
34 LF Step fwd
35 RF Step fwd
& LF Recover weight
36 RF Step bwd
37 LF Step bwd
& RF Stap next to
38 LF Step fwd
39 RF Stap fwd, ¼ turn L
& LF Step L, ¼ turn L
40 RF Step fwd
(at 6)
