

# My Medicine

COPPERKNOB  
STEPPSHEETS

Count: 40

Wall: 2

Level: Improver

Choreographer: Milo Eve (NL) - November 2008

Music: 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)**

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