

# Best Medication

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Doc Rosser (UK) & Debz Rosser (UK) - November 2013

Music: Night Gone Wasted - The Band Perry



## Intro 16 counts - Style: Country

### [1-8] syncopated jazz cross, back, side, kick, kick

- 1,2& cross right foot in front of left, step back on left, step right to right side
- 3,4 step forward on left, cross right foot in front of left
- 5,6 step back on left foot, step right to right side
- 7,8 kick twice with left foot

### [9-16] back rock, recover, left shuffle, 2 full turns

- 1,2 rock back on left foot, recover onto right foot
- 3&4 step forward on left foot, bring right foot beside left, step forward on left foot
- 5,6 step forward on right foot (turning a half turn to left) half turn to left stepping onto left foot
- 7,8 step forward on right foot (turning a half turn to left) half turn to left stepping onto left foot (12 o'clock)

### [17-24] weave left with heel jack, weave right with heel jack

- 1,2 cross right foot in front of left, step left foot to left side
- 3&4& cross right foot behind left, step left to left side, touch right heel diagonally forward to right, step right foot next to left
- 5,6 cross left foot in front of right, step right foot to right side
- 7&8& cross left foot behind right, step right to right side, touch left heel diagonally forward to left, step left foot next to right

### [25-32] R rock, recover, ¾ shuffle turn to right, L rock recover, ¼ sailor turn to left

- 1,2 rock forward on right foot, recover onto left foot
- 3&4 step forward on right foot (turning a half turn to right), bring left foot next to right, step forward on right foot (turning a quarter turn to right) - 9 o'clock
- 5,6 rock forward on left foot, recover onto right foot
- 7&8 step left foot behind right foot (making a quarter turn to left), step right foot beside left, step forward on right foot (6 o'clock)

### [33-40] 1/4 turn right, left side shuffle, back step (1/4 turn right), step left (1/4 turn right), right side shuffle, back step (1/2 turn left)

- 1 step right foot forward (turning a quarter turn to right) - 9 o'clock
- 2&3 step left foot to left side, bring right foot beside left, step left foot to left side
- 4,5 step back onto right foot (turning a quarter turn to right), step forward on left foot (turning a quarter turn to right) - 3 o'clock
- 6&7 step right foot to right side, bring left foot beside right, step right foot to right side
- 8 step back onto left foot (turning a half turn to left) - 9 o'clock

### [41-48] 1/4 turn R rock, recover, coaster, L rock recover, sailor 1/2 turn

- 1,2 rock forward on right foot (turning a quarter turn to left), recover onto left foot (6 o'clock)
- 3&4 step back onto right foot, bring left foot next to right, step forward on right foot
- 5,6 rock forward on left foot, recover onto right foot
- 7&8 step back on left foot (turning a half turn to left), bring right foot next to left step forward on left foot (12 o'clock)

### [49-56] R point, cross, unwind, touch, R point, cross, unwind, touch

- 1,2 point right foot to right side, cross right foot in front of left
- 3,4 unwind to turn a half turn to left (bring weight onto left foot), touch right foot beside left (6 o'clock)
- 5,6 point right foot to right side, cross right foot in front of left
- 7,8 unwind to turn a half turn to left (bring weight onto left foot), touch right foot beside left (12 o'clock)

**[57-64] right diagonal lock step, left diagonal lock step, walk, walk ,step right, ½ pivot turn, step left**

- 1&2 step right foot diagonally to right, bring left foot beside right, step right foot diagonally to right
- 3&4 step left foot diagonally to left, bring right foot beside left, step left foot diagonally to left
- 5,6 step forward on right foot, step forward on left foot
- 7,8 step forward on right foot (turning a half turn to left), step forward on left foot (6 o'clock)

**Tag 1: ("long Tag") - after wall 2**

**Cross rock, right side shuffle, weave right**

- 1,2 cross right foot in front of left, recover onto left foot
- 3&4 step right foot to right side, bring left foot beside right, step right foot to right side
- 5,6 cross left foot in front of right, step right foot to right side, cross left foot behind right foot, step right foot to right side

**Cross rock, left side shuffle, weave left**

- 1,2 cross left foot in front of right, recover onto right foot
- 3&4 step left foot to left side, bring right foot beside left, step left foot to left side
- 5,6 cross right foot in front of left, step left foot to left side, cross right foot behind left foot, step left foot to left side

**Tag 2: ("short tag") - after wall 4**

**Cross rock, right side shuffle, cross rock, left side shuffle**

- 1,2 cross right foot in front of left, recover onto left foot
- 3&4 step right foot to right side, bring left foot beside right, step right foot to right side
- 5,6 cross left foot in front of right, recover onto right foot
- 7&8 step left foot to left side, bring right foot beside left, step left foot to left side

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