

Medicine For Heartbreak

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Advanced Rolling 8 Count
编舞者: Jannie Tofte Stoian (DK) - January 2018
音乐: Drink You Away - Justin Timberlake : (iTunes)



Intro: 16 counts intro (app. 20 sec. into song) Start with lyrics.

Note: Yes – technically this is a waltz, but the timing stays the same this way. Just humor me

[1-8] L Twinkle cross sweep, Cross $\frac{1}{4}$ $\frac{1}{4}$ L cross sweep, Weave, $\frac{1}{4}$ $\frac{1}{2}$ R, Basic $\frac{1}{2}$ L x2

- 1&a2 Cross L over R (1), step R to R side (&), step L to L side (a), cross R over L sweeping L CW (2) 12:00
- 3&a4 Cross L over R (3), turn $\frac{1}{4}$ L stepping R back (&), turn $\frac{1}{4}$ L stepping L to L side (a), cross R over L sweeping L CW (4) 06:00
- 5&a6 Cross L over R (5), step R to R side (&), cross L behind R (a), turn $\frac{1}{4}$ R stepping R fw, keep turning another $\frac{1}{2}$ R on R (like pencil turn) (6) 03:00
- 7&a Step L fw (7), turn $\frac{1}{2}$ L stepping R back (&), step L back (a) 09:00
- 8&a Step R back (8), turn $\frac{1}{2}$ L stepping L fw (&), step R fw (a) 03:00

[9-16] Mambo step step sweep, Behind side cross lunge, Rolling vine $1\frac{1}{2}$ L, Back rock side x2

- 1&a2 Rock L fw (1), recover onto R (&), step L back (a), step R back sweeping L CCW (2) 03:00
- 3&a4 Cross L behind R (3), step R to R side (&), cross L over R (a), lunge to R side (prep) (4) 03:00
- 5&a6 Turn $\frac{1}{4}$ L stepping L fw (5), turn $\frac{1}{2}$ L stepping R back (&), turn $\frac{1}{2}$ L stepping L fw (a), turn $\frac{1}{4}$ L stepping R to R side (6) 09:00
- 7&a Rock L back (7), recover onto R (&), step L to L side (a) 09:00
- 8&a Rock R back (8), recover onto L (&), step R to R side (a) 09:00

[17-24] Sailor step behind sweep x2, Behind $\frac{1}{4}$ R, Step $\frac{1}{2}$ R Step, Full turn L, Rock hitch

- 1&a2 Cross L behind R (1), step R to R side (&), step L to L side (a), cross R behind L sweeping L CCW (2) 09:00
- 3&a4 Repeat counts 1&a2 09:00
- 5&a6 Cross L behind R (5), turn $\frac{1}{4}$ stepping R fw (&), step L fw turning $\frac{1}{2}$ R slowly (a6) weight stays L 06:00
- &a Step down R (&), step L fw (a) (Prep R) 06:00
- 7&a8 Turn $\frac{1}{2}$ L stepping R back (7), turn $\frac{1}{2}$ L stepping L fw (&), rock R fw (a), recover L hitching R (8) 06:00

[25-32] Sailor step behind sweep x2, Cross point x2, $\frac{1}{4}$ $\frac{1}{4}$ R, Cross $\frac{1}{4}$ $\frac{1}{4}$ L

- 1&a2 Cross R behind L (1), step L to L side (&), step R to R side (a), cross L behind R sweeping R CW (2) 06:00
- 3&a4 Repeat counts 1&a2 06:00
- 5&-6& Cross R behind L (5), point L to L side (&), cross L over R (6), point R to R side (prep L) (&) 06:00
- 7&a Turn $\frac{1}{4}$ R stepping R fw (7), step L fw (&), turn $\frac{1}{4}$ R stepping onto R (a) 12:00
- 8&a Cross L over R (8), turn $\frac{1}{4}$ L stepping R back (&), turn $\frac{1}{4}$ L stepping L to L side (a) 06:00

[33-40] Step sweep, Full Monterey, Twinkle, Cross rock side x2, Diamond $\frac{1}{2}$ R

- 1-2& Step R fw sweeping L CW (1), step L fw (2), point R to R side prepping L (&) 06:00
- 3 Collect R next L while making full turn R (weight R) (3) 06:00
- 4&a Cross L over R (4), step R to R side (&), step L to L side (a) 06:00
- 5&a Cross rock R over L (5), recover onto L (&), step R to R side (a) 06:00
- 6&a Cross rock L over R (6), recover onto R (&), step L to L side (a) 06:00
- 7&a Cross R over L (7), turn $\frac{1}{8}$ R stepping L back (&), step R back (a) 07:30

8&a Turn 1/8 R crossing L behind R (8), step R to R side (&), turn 1/8 R stepping L fw 10:30

[41-48] Step sweep, Full Monterey, Twinkle, Cross rock side x2, Cross ¼ ¼ R cross sweep

1-2& Square up to 12:00 step R fw sweeping L CW (1), step L fw (2), point R to R side prepping L (&) 12:00
3 Collect R next L while making full turn R (weight R) (3) 12:00
4&a Cross L over R (4), step R to R side (&), step L to L side (a) 12:00
5&a Cross rock R over L (5), recover onto L (&), step R to R side (a) 12:00
6&a Cross rock L over R (6), recover onto R (&), step L to L side (a) 12:00
7&a-8 Cross R over L (7), turn ¼ R stepping L back (&), turn ¼ R stepping R to R side (a), cross L over R sweeping R CCW (8) 06:00

[49-56] Weave, Side rock ¼ L back slide, Coaster step, Step sweep x2, Mambo ½ R, ¼ R sweep

1&a Cross R over L (1), step L to L side (&), cross R behind L (a) 06:00
2&a Rock L to L side (2), recover onto R while turning ¼ L (&), step L back (a) 03:00
3-4&a Step R a big step back, sliding L toward R (3), step L back (4), step R next to L (&), step L fw (a) 03:00
5-6 Step R fw sweeping L CW (5), step L fw sweeping R CCW (6) 03:00
7&a8 Rock R fw (7), recover onto L (&), turn ½ R stepping onto R (a), staying on R sweep L ¼ R (8) 12:00

[56-64] Weave, Side rock ¼ R back slide, Coaster step, Step sweep x2, Mambo ¼ L, Cross sweep

1&a Cross L over R (1), step R to R side (&), cross L behind R (a) 12:00
2&a Rock R to R side (2), recover onto L while turning ¼ R (&), step R back (a) 03:00
3-4&a Step L a big step back, sliding R toward L (3), step R back (4), step L next to R (&), step R fw (a) 03:00
5-6 Step L fw sweeping R CCW (5), step R fw sweeping L CW (6) 03:00
7&a8 Rock L fw (7), recover onto R (&), turn ¼ L stepping L to L(a), cross R over L sweeping L CW (8) 12:00

Good luck & enjoy!

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