

My Drug (Glasgow LDF Dance)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lee Hamilton (SCO) - March 2018
音乐: Mi Medicina - CNCO : (iTunes)



Intro: Approx. 11 secs

**** Choreographed especially for Glasgow's LDF day ****

Section 1 [1-8] R Mambo Fwd, L Mambo Back, 1/2 Pivot L, 1/2 Pivot L with Sweep, Behind - Side - Step Diagonal

- 1&2 Rock R Fwd, Recover, Step R back (12:00)
- 3&4 Rock L Back, Recover, Step L Fwd (12:00)
- 5&6 Step R Fwd, Pivot 1/2 L, Make a 1/2 L by stepping R Back, Sweep L from Front to Back (12:00)
- 7&8 Cross L behind R, Step R to R side, Step L to R Diagonal (1:30)

Section 2 [9-16] 1/2 Diamond R, R Side Rock, Weave L with R Cross Rock

- 1&2 Make 1/8 R by crossing R over L, Step L to L side, Make a 1/8 turn R by stepping R back (4:30)
- 3&4. Step L back, Make 1/8 turn R by stepping R to R side, Cross L over R (6:00)
- 5&6&. Rock R to R side, Recover, Cross R over L, Step L to L side (6:00)
- 7&8&. Cross R behind L, Step L to L side, Cross Rock R over L, Recover (6:00)

Section 3 [17-24] 1/4 R, 1/2 Pivot R, Step, 3/4 Pivot L, Syncopated Side Rock & Cross RL, R Side Point, Touch

- 12&3. Make a 1/4 R by stepping R Fwd, Step L Fwd, Pivot 1/2 by taking weight onto R, Step L Fwd (3:00)
- 4&5& Step R Fwd, Pivot 3/4 turn L, Rock R to R side, Recover (6:00)
- 6&7&. Cross R over L, Rock L to L side, Recover, Cross L over R (6:00)
- 8&. Point R toe to R side, Touch R beside L (6:00)

Section 4 [25-32] R Side, L Back Rock, Step L 1/4, Pivot 1/2 L, Syncopated Lock Steps R&L, Two Step Turn Fwd

- 12&. Step R to R side, Cross rock L behind R, Recover (6:00)
- 34&. Make a 1/4 L by stepping L Fwd, Step R fwd and pivot 1/2 L (9:00)
- 5&6&. Step R to R diagonal, Lock L behind R, Step R to R diagonal, Step L to L diagonal (9:00)
- 7&8&. Lock R behind L, Step L to L diagonal, Make 1/2 L by stepping R back, Make 1/2 L by stepping L Fwd (9:00)

Restart on Wall 4: Dance up to Count 7& in Section 3 then touch R toe beside L and start the dance again

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