

Medicine

拍数: 32 墙数: 2 级数: Improver
编舞者: Mark Guichard (UK) & Shelly Guichard (UK) - April 2014
音乐: Medicine (feat. Blake Shelton) - Shakira : (Album: Shakira - Deluxe Version - iTunes)



Intro: 17 seconds

Section 1: Step Fwd R, Point L, Cross Shuffle, Rock ¼ Turn Shuffle Fwd.

1-2 Step fwd on Right, Point left to left side (12 O Clock)
3&4 Cross left over right, Step right to right side, Cross left over right (12 O Clock)
5-6 Rock right to right side, Recover weight to left as you turn ¼ left (9 O Clock)
7&8 Step fwd on right, Step left next to right, Step fwd on right (9 O Clock)

Section 2: Step Pivot ½ Turn, Kick Ball Step, Walk, Walk, ¼ Turn Cross.

1-2 Step fwd on left, Pivot ½ turn over right (3 O Clock)
3&4 kick left fwd, Step ball of left next to right, Step fwd on right (3 O Clock)
5-6 Step fwd on left, Step fwd on right (3 O Clock)
7&8 Step fwd on left, Pivot ¼ right, Cross left over right (6 O Clock)

Section 3: Step Touch, Kick Ball Cross, Hinge Turn, Shuffle Fwd.

1-2 Step right to right side, Touch left beside right (6 O Clock)
3&4 Kick left fwd, Step left back, Cross right over left (6 O Clock)
5-6 Making ¼ turn right step back on left, Making ¼ turn right stepping right to right side (12 O Clock)
7&8 Step fwd on left, Step right next to left, Step fwd on left (12 O Clock)

RESTART HERE WALL 3 & 6

Section 4: 2x ¼ Paddle Turns, 2x Samba Steps.

1-2 Step fwd on right, Pivot ¼ turn left (9 O Clock)
3-4 Step fwd on right, Pivot ¼ turn left (6 O Clock)
5&6 Cross right over left, Rock left to left side, Recover onto right (6 O Clock)
7&8 Cross left over right, Rock right to right side, Recover onto left (6 O Clock)

Restarts: On Wall 3 and 6 after section 3.
Shuffle fwd Left (counts 7&8) then Restart the dance.

ENJOY:

Contact: markguichard@hotmail.com