

Medicine

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mitchell Burgess (AUS) & Linda Burgess (AUS) - May 2014
音乐: Medicine (feat. Blake Shelton) - Shakira



Turns clockwise. Start with weight on L.
Intro: Count 1 beat then start!!! Very quick intro!!!!

[1-8] □ □ CROSS, REPLACE, SIDE SHUFFLE, WEAVE to R

1,2,3&4 Cross/step R over L, replace weight to L, shuffle to R stepping R,L,R,
5,6,7,8 Cross/step L over R, step R to R, cross/step L behind R, step R to R

[9-16] CROSS, REPLACE, SIDE SHUFFLE, CROSS, HOLD, STEP, CROSS/SHUFFLE

1,2,3&4 Cross/step L over R, replace weight to R, shuffle to L stepping L,R,L
5,6,&7&8 Cross/step R over L, hold, step L to L, cross/step R over L, step L to L, cross/step R over L

[17-24] SIDE ROCK, ¼ REPLACE, ½ SHUFFLE BACK, TOUCH, ½ TURN, TOUCH, ½ TURN

1,2,3&4 Rock/step L to L, turn ¼ R & replace weight to R, turn ½ R & shuffle back L,R,L
5,6,7,8 Touch R toe back, turn ½ R & lower R heel, keeping weight on R make ½ turn R & touch L toe back, lower L heel

[25-32] ROCK BACK, REPLACE, SHUFFLE FWD, PIVOT ½, WALK, WALK

1,2, 3&4 Rock/step back R, replace weight to L, shuffle fwd stepping R,L,R
5,6,7,8 Step fwd L, pivot ½ turn R, walk fwd L, R *** (Restart wall 5)

[33-40] STEP, ½ KICK, COASTER, STEP, ¼ KICK, BEHIND, SIDE, CROSS

1,2,3&4 Step fwd L, turn ½ R keeping weight back on L & kick R fwd, step back R, step L beside R, step fwd R
5,6,7&8 Step fwd L, turn ¼ R keeping weight on L & kick R to side, cross/step R behind L, step L to L, cross/step R over L

[41-48] SIDE ROCK, REPLACE, CROSS, HOLD, MONTEREY ½

1,2,3,4 Rock/step L to L, replace weight to R, cross/step L over R, hold
5,6,7,8 Touch R to R side, keep weight on L & make ½ turn R & step R beside L, touch L to L, touch L beside

[49-56] ROCK FWD, REPLACE, ½ STEP, STEP, FULL TURN, ¼ R, SIDE, DRAG

1,2,3,4 Rock/step fwd L, replace weight to R, turn ½ L & step fwd L, step fwd R
5,6,7,8 Turn ½ R & step back L, turn ½ R & step fwd R, turn ¼ R & step L to L, drag R to L.

**** (Restart 2,4&6)**

[57-64] CROSS, TOUCH, CROSS SAMBA, CROSS, BACK, SIDE ROCK, REPLACE

1,2,3&4 Cross/step R over L, touch L to L, cross/step L over R, rock/step R to R, replace weight to L
5,6,7,8 Cross/step R over L, step back L, rock/step R to R, replace weight to L.

Restarts: Wall 2, & 4 Dance counts 1- 56 then restart.

Restart: □ Wall 5. Dance counts 1-31 & touch R beside L. Restart facing (3.00)

Restart: □ Wall 6. Dance counts 1-56 then restart facing (6.00)

Finish: □ Dance counts 1-8 turn ¼ R on count 8 to front.

Contact: onelnr@bigpond.net.au

