

# Our Medicine

拍數: 32      牆數: 4      級數: Beginner  
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音樂: My Medicine - Snoop Dogg



Dance starts with singing!

## S-1: □HEEL RIGHT & TOE RIGHT TOUCH, LOCK STEP FWD

1 – 2      touch R heel forward, hold  
3 – 4      touch R toe backward, hold  
5 – 6      step R forward, close L cross behind R  
7 – 8      step R forward, pause

## S-2: □HEEL LEFT & TOE LEFT TOUCH, LOCK STEP FWD

1 – 2      touch L heel forward, hold  
3 – 4      touch L toe backward, hold  
5 – 6      step L forward, close R cross behind L  
7 – 8      step L forward, pause

## S-3: □CHARLESTON STEP RIGHT, CHARLESTON STEP LEFT

1 – 2      swing R semicircle forward, touch R toe forward  
3 – 4      swing R semicircle backward, step R backward  
5 – 6      swing L semicircle backward, touch L toe backward  
7 – 8      swing L semicircle forward, step L forward

## S-4: □TOE TOUCH RIGHT, TOE TOUCH LEFT, 1/4 TURN LEFT & SAILOR STEP

1 – 2      touch R toe to side, hold  
3 – 4      step R next to L and touch L toe to side, hold  
5 – 6      raise L curvy and ¼ turn left and put down, close R next to L  
7 – 8      step L forward, pause

## TAG: □HEEL TOUCH RIGHT 2X, SAILOR STEP, HEEL TOUCH LEFT 2X, COASTER STEP HEEL TOUCH RIGHT 2X, SAILOR STEP, HEEL TOUCH LEFT 2X, COASTER STEP

1 – 2      touch R heel forward, raise R heel in the air  
3 – 4      touch R heel forward, raise R heel in the air  
5 – 6      raise R curvy and ¼ turn right and put down, close L next to R  
7 – 8      step R forward, pause

1 – 2      touch L heel forward, raise L heel in the air  
3 – 4      touch L heel forward, raise L heel in the air  
5 – 6      raise L curvy and ¼ turn left and put down, close R next to L  
7 – 8      step L forward, pause

All these counts two times! Full turn!

SEQUENCE: A – TAG – A – A – TAG – A – A – A – A – TAG – A – A – A

Enjoy it!

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