

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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