

# Music is Medicine

**COPPER KNOB**  
BY STEPSHEETS

拍數: 32                      牆數: 2                      級數: Beginner  
編舞者: Donna Manning (USA) - April 2016  
音樂: Music is Medicine - Marie Osmond



**\*1 little fix on Wall 8 – do the first 14 counts and immediately Restart.**

## **Sec. 1 (1-8) □ Black Bottom Steps, Triple Step, Walk 2X**

1,2,3,4                      Touch R toe Fwrd, Step back on R, Touch L toe back, Step L fwd  
5&6, 7-8                      Step R fwd, bring instep of L to heel of R, step R fwd, walk L-R

## **Sec. 2 (9-16) □ ¼ Turn L Monteray (2X)**

1,2,3,4                      Touch L toe to L side, as you make ¼ turn to L on ball of R bring L back to center and take weight, touch R to R side, bring R back to center and take weight.  
5,6                              Touch L toe to L side, as you make ¼ turn to L on ball of R bring L back to center and take weight

**RESTART HERE - wall 8 starts facing 6:00 – you will turn towards 12:00 to actually restart**

7,8                              touch R to R side, touch next to L

## **Sec. 3 (17-24) □ Vine R / Vine L with Touches**

1,2,3,4                      R to R side, L behind R, R to R side, touch L next to R  
5,6,7,8                      L to L side, R behind L, L to L side, touch R next to L

## **Sec. 4 (25-32) □ Rocking Chair, ½ Pivot Turn -2X**

1,2,3,4                      Rock R fwd, recover to L, push off ball of R behind, recover to L  
5,6,7,8                      Step R fwd, ½ pivot to L, step R fwd, ½ pivot to L

**HAVE FUN!!!**

**Please do not alter this step sheet in any way.**

**If you would like to use on your website please make sure it is in its original format and include all CONTACTDETAILS on this script.**

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