

# Medicine Bow

拍數: 48                      牆數: 2                      級數: Intermediate Contra  
編舞者: Southern Maryland Boot Scooters - July 2017  
音樂: It Ain't My Fault - Brothers Osborne



Dance starts on vocals - This is a Contra Line Dance

## S1: Step hold, Step hold, Walk, Walk, Walk, Walk

1, 2                      Step (R), hold  
3, 4                      Step (L), hold  
5, 6, 7, 8              Walk (R), Walk (L), Walk (R), Walk (L)

## S2: Kick and Touch, Kick and Touch, Sailor Step, Sailor Step

1 & 2                      Kick right foot, step right, touch left toe to left side  
3 & 4                      Kick left foot, step left, touch right toe to side  
5 & 6                      Cross R behind L, step L to L side, step R to R side  
7 & 8                      Cross L behind R, step R to R side, step L to L side

Tag #1 here on wall 2 then restart dance

Tag #1 here on wall 4 then follow with Tag 2 then restart dance

Tag #1 here on wall 7 then follow with Tag 2 then restart dance

## S3: Step Out, Out, In, In, Shuffle Back, Shuffle Back

1, 2                      Step out R, Step out L  
3, 4                      Step in R, Step in L  
5 & 6                      Shuffle back R, L, R  
7 & 8                      Shuffle back L, R, L

## S4: Grapevine to the Right, Rolling Grapevine to the Left

1, 2, 3, 4              Step R to R side, step L behind R, step R to R side, touch L next to R  
5, 6,                      Step 1/4 turn L to L side, turn 1/4 turn L stepping on R  
7, 8                      Step 1/2 turn on L to front wall, touch R next to L

## S5: Step Lock, Step, Step, Clap, Clap, Shuffle Back

1, 2, 3, 4              Step forward on R, slide L foot behind R, step forward R, step forward L  
5, 6                      Clap both hands with contra partner across to the L, clap both hands with contra partner across to the R  
7 & 8                      Shuffle back R, L R

## S6: Shuffle Back, Coaster Step, Rock Recover, Behind and Cross

1 & 2                      Shuffle back L, R, L  
3 & 4                      Step back R, step back L, Step R forward  
5, 6                      Rock L side, recover R  
7 & 8                      Step L behind R, step R to R, cross L over R

Restart the dance

Tag #1 □ After 16 counts on wall 2, 4 and 7

1, 2                      Step forward R, pivot 1/2 turn on L

Tag #2 □ Immediately after Tag #1 on Wall 4 and 7

Paddle 1/2 Turn, Paddle 1/2 Turn

1&2&3&4              On ball of L foot, turn slightly as you touch R toe to side, repeat for total of 1/2 turn ending with weight on R foot. Option: Clap hands high on the "&" counts.

5&6&7&8 On ball of R foot, turn slightly as you touch L toe to side, repeat for total of ½ turn ending with weight on foot. Option: Clap hands high on the “&” counts.

**Big Step, Slide, Touch, Touch, Repeat**

1, 2 Step wide to R, slide L foot next to R  
3, 4 Touch L toe to L side, touch L toe next to R  
5, 6 Step wide to L, slide R foot next to L  
7, 8 Touch R toe to R side, touch R toe next to L

**Mambo Forward, Mambo Back, Out, Out, In, In**

1 & 2 Step R forward, step L in place, step R beside L  
3 & 4 Step L back, step R in place, step L beside R  
5, 6 Step out R, step out L  
7, 8 Step in R, step in L

**Monterey Turn (1/2), Monterey Turn (1/2)**

1, 2 Point R toe out to R side. Make 1/2 turn R stepping R beside L  
3, 4 Point L toe out to L side. Step L beside R  
5, 6 Point R toe out to R side. Make 1/2 turn R stepping R beside L.  
7, 8 Point L toe out to L side. Step L beside R.

**To END dance: Shuffle forward R and clap both hands with contra partners (left hand with left partner, right hand with right partner) and hold partners hands as you lift hands high.**

**Note: This dance was created by the team members while visiting The Medicine Bow Lodge in Wyoming. So the dance was named Medicine Bow.**

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