

Not My Medicine

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BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Magali CHABRET (FR) - January 2018
音樂: Medicine - Kelly Clarkson : (CD: Meaning Of Life)



#16 counts intro

S1 – WALK, WALK, PIVOT ½ L, OUT, OUT, R SAILOR STEP

1-2 Step Rf forward – step Lf forward
3-4 Step Rf forward – pivot 1/2 turn left (6:00)
5-6 Step ball of Rf diagonally right forward (out) – step Lf diagonally left (out)
7&8 Cross ball of Rf behind Lf – step Lf to left side – step Rf to right side, slightly forward

S2 – BEHIND, ¼ R, PIVOT ½ R, ROCK FWD, BALL, R HEEL STRUT, CLOSE

1-2 Cross Lf behind Rf – turn 1/4 right stepping Rf forward (9:00)
3-4 Step Lf forward – pivot 1/2 turn right (3:00)
5-6 Rock Lf forward – recover onto Rf
&7-8 Step ball of Lf beside Rf – step right heel forward – drop right toe
& Step ball of Lf beside Rf

Restart here, wall 2 and wall 5

S3 – STEP, ROCK FWD, ¾ L, BEHIND SIDE CROSS, SIDE

1-2-3 Step Rf forward – rock Lf forward – recover onto Rf
4-5 Turn 1/2 left stepping Lf forward – turn 1/4 left stepping Rf to right side (6:00)
6&7 Cross Lf behind Rf – step Rf to right side – cross Lf over Rf
8 Long step Rf to right side

S4 – TOUCH, SIDE, SAILOR ¼ R, ROCK FWD, COASTER STEP

1-2 Touch left toe next to Rf – step Lf to left side
3&4 Cross ball of Rf behind Lf – turn 1/4 right stepping Lf beside Rf – step Rf forward (9:00)
5-6 Rock Lf forward – recover onto Rf
7&8 Step back on ball of Lf – close Rf next to Lf – step Lf forward

Restart during wall 2 and wall 5

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.