

Medicine

COPPER KNOB
BYEBOHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Hiroko Carlsson (AUS) - May 2019
音樂: Medicine - Jennifer Lopez & French Montana : (iTunes)



(16 counts intro)

[S1] 2x Lock Step Fwd, Fwd Mambo, Lock Step Back

1&2 Step forward on R, Lock L behind R, Step forward on R
3&4 Step forward on L, Lock R behind L, Step forward on L
5&6 Rock/step forward on R, Recover weight on L, Step back on R
7&8 Step back on L, Lock/cross R over L, Step back on L (12:00)

[S2] Side, Clap-Clap, L Chasse, 1/4R Side, Clap-Clap, Rumba Fwd

1&2 Step R to right (1), Clap twice (&2) –slightly twist your body to the left / left heel in
3&4 L chasse L-R-L
5&6 1/4 hinge turn right stepping R to right, Clap twice –slightly twist your body to the left / left heel in
7&8 Step L to left, Step R next to L, Step forward on L (3:00)

[S3] 2x Side-Cha-Cha, Step-Pivot 3/4L, Back, Together

1 2& Step R to right, Step L next to R, Step R in place
3 4& Step L to left, Step R next to L, Step L in place
5 6 Step forward on R, Make a $\frac{3}{4}$ turn left recover weight on L
7 8 Step back on R, Step L together (6:00)

[S4] 2x Side Rock-Cross, Lock Step Back, 1/4L Side, Touch Together

1&2 Rock/step R to right, Recover weight on L, Cross R over L
3&4 Rock/step L to left, Recover weight on R, Cross L over R
5&6 Step back on R, Lock/cross L over R, Step back on R
7 8 Make a $\frac{1}{4}$ turn left stepping L to side, Touch R next to L (weight on left) (3:00)

Repeat - No Tags Or Restarts

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 2/May/19)