

Medicine

拍數: 64 牆數: 2 級數: Improver
編舞者: Anna Desiyanti (INA) - August 2020
音樂: Medicine - Jennifer Lopez & French Montana



Restart on Wall 2

Session 1

1-8 : Diagonal Rock Forward - Recover - Step Closed - Big Step - Forward Together - Out Out - In In

- 1,&,2 Rock R forward diagonally with hip pushed(1), Recover on L (&), Step R next to L(2)
3,&,4 Rock L forward diagonally with hip pushed(3), Recover on R(&), Step L next to R(4)
5,6 Big step R forward while put right hand in front of forehead with palm open outward and left hand behind the head with palm facing inward (5), Step L next to R(6)
&,7,&,8 Step R diagonal forward / step out(&), Step L diagonal forward / step out(7), Step R in to the center(&), Step L next to R(8)

Session 2

9-16 : Unwind - Brush, Cross Step – Recover - Step Side

- 1,2 Touch R behind L ,with both arms crossed over chest(1), ½ Turn right facing 06:00 step R in place, both arms dropped(2)
3,&,4 Brush L weight on R(3), Step L next to R(&), R Step in place(4)
5,&,6 Cross L over R(5), Recover on R(&), Step L next to R(6)
7,&,8 Cross R over L(7), Recover on L(&), Step R next to L(8)

Session 3

17-24 : Big Step Forward - Touch - Backward - Sailor Step 2x

- 1,2 ¼ turn right facing 07.30, big step L forward(1), Touch R next to L(2)
3,4 Step R backward with right arm folded over chest(3), Step L backward with left arm folded over chest(4)
5,&,6 Cross R behind L(5), Step L slightly to left(&), Step R to right side(6)
7,&,8 Cross L behind R(7), Step R slightly to right(&), Step L to left side(8)

Session 4

25-32 : Paddle Turn - Botafogo

- 1,&,2,& Step R to right with hip bump to right(1), Step L in place with hip bump to left(&), 1/8 turn left facing 06:00, step R to right with hip bump to right(2), Step L in place with hip bump to left(&)
3,&,4,& 1/4 turn left facing 03:00, step R to right with hip bump to right(3), Step L in place with hip bump to left(&), 1/4 turn left facing 12:00, step R to right with hip bump to right(4), Step L in place with hip bump to left(&)
5,&,6 Cross R over L(5), Step L to left(6), Step R diagonally right forward(6)
7,&,8 Cross L over R(7), Step R to right(&), Step L diagonally left forward(8)

Here is Restart after 32 counts on wall2

Session 5

33-40 : Heel Switch - Forward Big Step - Drag

- 1,&,2,& Tap R heel forward, weight on L(1), Step R next to L(&), Tap L heel forward(2), Step L next to R(&)
3,&,4,& Tap R heel forward(3), R hitch(&), Tap R heel forward(4), Step R next to L
5,&,6,& Tap L heel forward(5), Step L next to R(&), Tap R heel forward(6), Step R next to L(&)
7,8 Big step L forward(7), Drag R forward next to L(8)

Session 6

40-48 : Twist - Anchor Step

- 1,&,2 Hands up during the twist. With balls, twist R and L together to right(1), Twist R and L together to left(&), Twist R and L together to right(2)
- 3,&,4 Keep hands up, twist R and L together to left(3), Twist R and L together to right(&), Twist R and L together to left(4)
- 5,&,6 Rock R behind L(5), Recover on L(&), Step R behind L(6)
- 7,&,8 Rock L behind R(7), Recover on L(&), L Step L behind R(8)

Session 7

49-56 : Behind Side Cross - Touch - Hitch - Touch - Forward - Hitch - Lunges

- 1,&,2 Cross R behind L(1), Step L to left(&), Cross R over L(2)
- 3,&,4 Touch L to left(3), L hitch, weight on R(&), Touch L to left(4)
- 5,6 Step L forward(5), R hitch, weight on L(6)
- 7,&,8 Step R to right and bend R knee, as touch L heel to left(7), Step L in place(&), Step R next to L as straightening the body up(8)

Session 8

57-64 : Kick Ball Touch 2× - Scuff - Forward - Pivot Turn

- 1,&,2 Kick L forward, weight on R(1), Step L next to R(&), Touch R to right, weight on L(2)
- 3,&,4 Kick R forward, weight on L(3), Step R next to L(&), Touch L to left, weight on R(4)
- 5,6 Scuff L weight on R(5), L Step forward(6)
- 7,8 ½ turn right facing 06:00, step R forward(7), Step L next to R(8)

Last Update: 24 Feb 2025
