

Medicine

拍數: 64 牆數: 2 級數:
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音樂: Medicine - Jennifer Lopez & French Montana



Restart on Wall 2

Session 1

1-8 : Diagonal Forward 2x - Recover - Step Closed - Big Step - Forward Together - Out Out - In In

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

Session 2

9-16 : Back Touch - 1/2 Turn - Brush, Cross Step – Recover - Step Side

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

Session 3

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

- 1,2 Big step on L diagonally facing 07.30(1), R Forward touch next to L(2)
3,4 R Step back with right arm folded over chest(3), L Step back with left arm folded over chest(4)
5,&,6 R Step behind L(5), L Step slightly to left(&), R step to right side(6)
7,&,8 L step behind R(7), R step slightly to right(&), L step to left side(8)

Session 4

25-32 : Half Turn Paddle - Botafogo

- 1,&,2,& R Step to right with hip bump to right(1), L In place with hip bump to left(&), 1/8 Turn left facing 06:00,R step to right with hip bump to right(2), L In place with hip bump to left(&)
3,&,4,& 1/4 Turn left facing 03:00, R step to right with hip bump to right(3), L In place with hip bump to left(&), 1/4 Turn left facing 12:00, R step to right with hip bump to right(4), L In place with hip bump to left(&)
5,&,6 R Step cross over L(5), L Step side to left(6), R Slightly step to right(6)
7,&,8 L Step cross over R(7), R Step side to right(&), L Slightly step to left(8)

Here is Restart after 32 counts on wall2

Session 5

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

- 1,2 Bring R heel forward, weight on L(1), R Step next to L, while bring L heel forward(2)
3,&,4 L Step next to R, while bring R heel forward(3), L In place while lift R heel up(&), L In place while push R heel down(4)
5,6,& Step R next to L while bring L heel forward(5), Step L next to R while bring R heel forward(6), Step R next to L(&)
7,8 L Big step forward(7), R Drag forward next to L(8)

Session 6

40-48 : Twist - Anchor Step

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

Session 7

49-56 : Behind Side Cross - Touch - Chug - Cross Forward - Kick - Heel

- 1,&,2 With sweep R cross behind L(1), L Step side to right(&), R Step cross over L(2)
- 3,&,4 L Touch the left side while R bend knee(3), L Chug, weight on R(&), L Touch left side while R bend knee(4)
- 5,6 L Step cross forward(5), R Hitch, weight on L(6)
- 7,&,8 R Step side to right and bend knee, as bring L heel to left side, while upper body is bow and body angle is diagonally left (7), L Step in place(&), R Step next to L as straightening the body(8)

Session 8

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

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

Last Update – 28 Aug. 2020
