

# Medicine

拍數: 48      牆數: 4      級數: Improver  
編舞者: Sophie Cournoyer (CAN) - June 2021  
音樂: Medicine - Sydney Mack



Intro : 32 counts (Start on the vocals)

**[1-8] Rock Step Forward, Together, Rock Step Forward, ½ Turn L Shuffle, Heel Grind ¼ Turn R**

1-2&      Rock RF forward (1), Recover on LF (2), Step RF next to LF (&)  
3-4      Rock LF forward (3), Recover on RF (4)  
5&6      ½ Turn L stepping LF forward (5), Step RF next to LF (&), Step LF forward (6) [6:00]  
7-8      Step R heel forward (7), Fan R toes ¼ Turn L to R and recover on LF (8) [9:00]

**[9-16] Back, Hook, Heel Strut, Step Pivot ¼ Turn L, Cross Shuffle**

1-2      Step RF back (1), Hook LF in front of R shin (2)  
3-4      Step L heel forward (3), Drop the sole of the LF (4)  
5-6      Step RF forward (5), Pivot ¼ Turn L (6) [6:00]  
7&8      Cross RF over LF (7), Lock LF next to RF (&), Cross RF over LF (8)

**[17-24] Side Rock Step, Sailor Step, Sailor ¼ Turn R, Step Pivot ¼ Turn R**

1-2      Rock LF to L side (1), Recover on RF (2)  
3&4      Step LF behind RF (3), Step RF to R side (&), Step LF to L side (4)  
5&6      ¼ Turn R stepping RF behind LF (5), Step LF next to RF (&), Step RF forward (6) [9:00]  
7-8      Step LF forward (7), Pivot ¼ Turn R (8) [12:00]

**[25-32] Cross Shuffle, Side Behind & Heel & Cross, ¼ Turn R, ¼ Turn R**

1&2      Cross LF over RF (1), Lock RF next to LF (&), Cross LF over RF (2)  
3-4      Step RF to R side (3), Step LF behind RF (4)  
&5      Step RF next to LF (&), Touch L heel forward (5)  
&6      Step LF next to RF (&), Cross RF over LF (6)  
7-8      ¼ Turn R stepping LF back (7), ¼ Turn R stepping RF to R side (8) [6:00]

**[33-40] Cross, Hold, Scissor Cross (X2), Step Pivot ½ Turn L**

1-2      Cross LF over RF (1), Hold (2)  
3&4      Step RF to R side (3), Step LF next to RF (&), Cross RF over LF (4)  
5&6      Step LF to L side (5), Step RF next to LF (&), Cross LF over RF (6)  
7-8      Step RF forward (7), Pivot ½ Turn L (8) [12:00]

**[40-48] Toe Strut (X2), Jazz Box ¼ Turn R**

1-2      Step R toes forward (1), Drop R heel (2)  
3-4      Step L toes forward (3), Drop L heel (4)  
5-6      Cross RF over LF (5), Step LF back (6)  
7-8      ¼ Turn R stepping RF forward (7), Step LF forward (8) [3:00]

My thanks to Daniel Horth for the musical suggestion.  
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