

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.
For more informations : cournoyer.sophie.sc@gmail.com.