

# Medicine

拍數: 64      牆數: 4      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - March 2023  
音樂: Medicine - Tom Ferry & Alimish : (Spotify/Apple Music/Deezer)



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(16 counts intro)

## [S1] Step-Pivot 1/4R-Cross, Side Shuffle, Hitch, Rock Back, 1/4R-Sailor Step-

1&2      Step forward on L, Make a ¼ turn right recover weight on R (3:00), Cross L over R  
3&4      Side shuffle to the right on R-L-R  
5 6&      Hitch L knee to the side, Rock L behind R, Replace weight on R  
7      Step L to the side making a ¼ turn right (into sailor step) (6:00)  
8&1      Step R behind L, Step L to the side, Step R to the side-

## [S2] -Side, Swivet R-L-R, Fwd-Together, Swivet L-R-

2 -      Step L to the side  
8&3&4      Twist both toes to R weight on R heel and ball of L, Return to centre, Twist both toes to L weight on L heel and ball of R, Return to centre  
8&5      Twist both toes to R weight on R heel and ball of L, Return to the centre  
6&      Step forward on L, Step R next to L/feet shoulder length apart  
7&8      Twist both toes to L weight on L heel and ball of R, Return to centre, Twist both toes to R weight on R heel and ball of L-

## [S3] -Recover, Reverse Rocking Chair, Back, Coaster Step, Fwd, Fwd

1 -      Return to the centre  
2&3&4      Rock back on L, Replace weight on R, Rock forward on L, Replace weight on R  
4      Step back on L  
5&6      Step back on R, Step L next to R, Step forward on R  
7 8      Walk forward on L-R

## [S4] Flick Turn 1/4L, Fwd, Fwd, Chase Turn 1/2L, Fwd, Fwd Rock-Back w/ 1/2R Spiral-&

1      Make a swift ¼ turn left stepping L beside R/flick back on R (3:00)  
2 3      Walk forward on R-L  
4&5      Step forward on R, Make a ½ turn left recover weight on L (9:00), Step forward on R  
6&      Rock forward on L, Replace weight on R  
7 8&      Slightly stepping back on L, Make a ½ spiral turn right on ball of L foot/hitch R knee (3:00), Ball step forward on R

-Restart here on Wall 3 (9:00)

## [S5] Fwd, L Spiral Turn, Fwd, Fwd Rock-Sailor 1/2R-

1 2 3      Step forward on L, Step forward on R, Make a full spiral turn left on ball of R foot/hitch L knee  
4 5 6      Step forward on L, Rock forward on R, Replace weight on L sweeping R around  
7&8      Step R behind L making a ½ turn right (9:00), Step R beside L, Step forward on R-

## [S6] -1/4R Side-Together, Heel Split, Step-Pivot 1/2R-Together, Heel Split Twice-

1 2 -      Make a ¼ turn right stepping L to the side (12:00), Step R together  
&3      Split heels, Close/click them  
4 5 6      Step forward on L, Make a ½ turn right recover weight on R (6:00), Step L together  
&7&8      Split heels, Close/click them, Split heels, Close them again-

## [S7] -Ball-Point, Hold, &-Cross-Side-Point-&, Walk Back w/Swivel, Back, Back Rock

&1 - Ball step R to the side, Point L toes diagonally forward  
2& Hold, Step L in place  
3&4& Cross R over L, Step L to the side, Point R toes diagonally forward, Step R beside L  
5 6 Step back on L/swivel R toes out, Step back on R/swivel L toes out  
7 8& Step back on R, Rock back on L, Replace weight on R

**[S8] Kick-Kick-&-Step-Pivot 1/4R, Kick-Kick-&-Step-Pivot 1/2R**

1 2& Kick forward on L, Quickly switch back weight on L and kick forward on R, Step R next to L  
3 4 Step forward on L, Make a ¼ turn right recover weight on R (9:00)  
5 6& Kick forward on L, Quickly switch back weight on L and kick forward on R, Step R next to L  
7 8 Step forward on L, Make a ½ turn right recover weight on R (3:00)

**Restart: On Wall 3 count 32 (9:00)**

**Ending suggestion: The last wall starts at 3:00 o'clock. Dance up to count 32 (6:00).  
Step-Pivot 1/2R to the front wall.**

**(updated: 8/Mar/23)**

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