

Medicine

COPPER KNOB
STEPSHEETS

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)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(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, Swivel R-L-R, Fwd-Together, Swivel 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)
