

# Rx (Double Dose) (P)

COPPER KNOB  
BY STEPHENETS

拍數: 32      牆數: 0      級數: Partner  
編舞者: Carole Daugherty (USA) & Frank Cooper (CAN)  
音樂: Sexual Healing - Max-A-Million



Position: Facing OLOD, Hammer hold

Both: begin facing OLOD

**STEP RIGHT SIDE, LEFT SLIDE, RIGHT CROSSING SHUFFLE, STEP ¼ LEFT, RIGHT LOCK, LEFT FORWARD SHUFFLE**

1-2            Step right foot to right side towards RLOD, slide left behind  
3&4           Cross right over left, step together with left, cross right over left  
5-6           Step forward ¼ left on left, lock right behind  
7&8           Step forward left, step together with right, step left forward

**SWIVEL WALK RIGHT, LEFT, RIGHT COASTER STEP, STEP LEFT, PIVOT ¼ RIGHT, LEFT CROSSING SHUFFLE**

1-2            Step forward on right foot with heel turned in, step forward on left with heel turned in  
3&4           Step back on right, together with left, step forward on right  
5-6           Step forward on left, pivot ¼ right facing OLOD  
7&8           Cross left over right, step right together, cross left over right

**HIP PUSHES, WEAVE, STEP ¼ LEFT, RIGHT LOCK, STEP ¼ LEFT & STEP SIDE RIGHT, LEFT BEHIND**

1-2            Push right hip upwards right, push hip further right leaving weight on left

**Hands: left to left on lady's left hip, right to right on lady's right hip**

3&4           Step right behind left, step left to left side, step right across left  
5-6           Step left ¼ left facing LOD, lock right behind

**Release hands switching to closed position on counts 7&8**

7&8           **LADY:** (Facing ILOD) step left ¼ left facing ILOD, step right out to right side, step left behind  
(or next to right)  
**MAN:** (Facing OLOD) step left foot left, step right next to left

**HIP PUSHES, SAILOR, POINT, PRESS, SWEEPING LEFT ½ SAILOR (RECOVER, TRIPLE STEP FOR MAN)**

1-2            **LADY:** (Facing ILOD) push right hip upwards right, push right hip further right  
**MAN:** (Facing OLOD) push left hip upwards left, push left hip further left  
3&4           **LADY:** Step right behind left, step together with left, step down on right  
**MAN:** Step left behind right, step together with right, step down on left  
5-6           **LADY:** Step left toe forward diagonally left across partner, lift heel & press into ball of left foot  
**Release man's right & lady's left hand on count 7, man wraps lady's right over her head with his left to exchange and return to hammer hold on count 8**  
5-6           **MAN:** Rock back on right foot allowing lady to press forward, recover forward on left  
7&8           **LADY:** Push off left with sweeping ½ turn left stepping left, step right together, step left.  
**MAN:** Triple step in place right, left, right

**REPEAT**