

My Medicine

COPPER KNOB
STEP SHEETS

拍數: 40 牆數: 4 級數: Intermediate Advanced Funky Polka
編舞者: Merete Sevel (DK) - April 2008
音樂: My Medicine - Snoop Dogg : (Album: Ego Trippin')



Sequence: 32 counts intro, 40, Tag, 40,40,40,40
Start 32 counts after music begins. Arm movements in Dark Print.

Step back, Touch back, 1/4 turn L, 2xHitch touch hitch step, 1/4 turn L

1&2 Step back on R, touch L back, turn 1/4 Left on L toe and R heel (9.00)

Take your L hand in your R hand (arms down in front of you) (2)

&3&4 Hitch L knee, touch L diagonally fw, hitch L knee, step down on L

(Still holding your own hands) lift them up at chest level (&) bring them down over your L leg (3)

Repeat &3 (&4)

&5&6 Repeat &3&4 with R leg

Same arm movements as &3&4 but over your R leg (&5&6)

&7&8 Make 1/4 turn Left by rolling hips anticlockwise twice (6.00)

(end with weight on L)

(Still holding your own hands) hands move in a circle twice in front of you anticlockwise (&7&8)

Hitch, 4xStep back & Hitch, Kick, Touch, 1/2 turn Left

& Hitch R

1& Step slightly back on R, step L in front of R (third position) while hitching R

2&3&4& Repeat 1& three times

Pop chest fw when you step back on R and pop chest back when you hitch R

(1&2&3&4&) ****

5 Kick L fw with flexed foot

6 Touch L behind R

&7&8 Make 1/2 turn Left by rolling hips anticlockwise twice (12.00)

(end with weight on R)

Step fw, Hitch, 1/4 turn R, Hitch, Step, Bend legs/straighten up

1 Step fw on L

2 Hitch R

3 Step R 1/4 turn Right (3.00)

4 Hitch L

5 Step L next to R

&6 Bend legs popping knees out, straighten up

&7&8 Repeat &6 twice

Move arms down in front of you palms together - fingers pointed to the floor (&)

Move L arm slightly to the Left and R arm slightly to the Right palms to the floor – fingers pointing to the sides (5)

Turn hands so that you have palms upwards – fingertips touch at stomach level (as though you are holding/lifting something in the palms of your hands) (&6)

Lower hands slightly, bring them back up a little bit (&7)

Repeat &5

L 1/2 Sailor Turn, Shuffle fw, Full triple turn, Mambo fw

1&2 Left sailor 1/2 turn (9.00)

3&4 Shuffle fw R-L-R with prep

5&6 Full triple turn Right

7&8 Rock fw on R, recover on L, step R next to L

Lock step back, Hitch, Lock step back, Scuff, Lock step back, Hitch, Lock step back, Step
1&2 Step L diagonally back to the Left, cross R in front of L, step back on L
& Hitch R
3&4 Step R diagonally back to the Right, cross L in front of R, step back on R
(keep L heel to the floor)
& Scuff L toes backwards
5&6& Repeat 1&2&
7&8 Repeat 3&4
& Step L next to R

Tag (you will be doing the tag at 9 o'clock after wall number 1):

Mambo turn R, Hitch, Mambo turn L

1& Step 1/4 turn Right on R, step L behind R (12.00)
2&3& Repeat 1& twice (6.00)
4 Step 1/4 turn Right on R (9.00)
& Hitch L
5& Step 1/4 turn Left on L, step R behind L (6.00)
6&7& Repeat 5& twice (12.00)
8 Step 1/4 turn Left on L (9.00)

Music stops when you are doing 8& in the last section. Instead of stepping back on R and L next to R: Turn 1/4 turn Right (12.00) and pose.

******Optional: In Section 2 counts 1&2&3&4& you can pop your shoulders:**

Pop R shoulder down and L shoulder up when you step back on R

Pop R shoulder up and L shoulder down when you hitch R leg

And remember: Keep the whole thing bouncy!

April 27 - 2008
