

# 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**

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