

# My Medicine

COPPERKNOB  
STEPPERS

拍數: 40      牆數: 2      級數: Improver  
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音樂: My Medicine - Snoop Dogg



Intro 4 count, dance starts at heavy beat.

Step fwd 2x, rocking chair, step back 2x, coaster step  
(at 12)

1            LF Step fwd  
2            RF Step fwd  
3            LF Step fwd  
&            RF Recover weight  
4            LF Step bwd  
5            RF Step bwd  
6            LF Step bwd  
7            RF Step bwd  
&            LF Step next to  
8            RF Step fwd

(at 12)

Step fwd ¼ turn L step R ¼ turn L, step back 2x, step back ½ turn L, Step fwd, step fwd ¼ turn R 2x, step fwd  
(at 12)

9            LF Step fwd, ¼ turn L  
10           RF Step R, ¼ turn L  
11           LF Step bwd  
12           RF Step bwd  
13           LF Step bwd, ½ turn L  
14           RF Step fwd  
15           LF Step fwd, ¼ turn R  
&            RF Step R, ¼ turn R  
16           LF Step fwd

(at 6)

Rock 2x, rock shuffle back, rock ¼ turn L, cross behind ¼ turn, coaster step  
(at 6)

17           RF Recover weight  
18           LF Recover weight  
19           RF Recover weight  
&            LF Close in front  
20           RF Step bwd  
21           LF Step bwd, ¼ turn L  
&            RF Recover weight  
22           LF Cross behind RV, ¼ turn L  
23           RF Step bwd  
&            LF Step next to  
24           RF Step fwd

(at 12)

Step fwd 2x, step ¼ turn R 2x, step fwd, Lock shuffle 2x, step fwd  
(at 12)

25           LF Step fwd

26 RF Step fwd  
27 LF Step fwd, ¼ turn R  
& RF Step R, ¼ turn R  
28 LF Step fwd  
29 RF Step fwd  
& LF Close behind  
30 RF Step fwd  
& LF Step fwd  
31 RF Close behind  
& LF Step fwd  
32 RF Step fwd  
**(at 6)**

**Step fwd ¼ turn R 2x, step fwd, rocking chair, coaster step, Step fwd ¼ turn L, step fwd  
(at 6)**

33 LF Step fwd, ¼ turn R  
& RF Step R, ¼ turn R  
34 LF Step fwd  
35 RF Step fwd  
& LF Recover weight  
36 RF Step bwd  
37 LF Step bwd  
& RF Stap next to  
38 LF Step fwd  
39 RF Stap fwd, ¼ turn L  
& LF Step L, ¼ turn L  
40 RF Step fwd  
**(at 6)**

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