

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)
