

Best Medication

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Doc Rosser (UK) & Debz Rosser (UK) - November 2013
音樂: Night Gone Wasted - The Band Perry



Intro 16 counts - Style: Country

[1-8] syncopated jazz cross, back, side, kick, kick

1,2& cross right foot in front of left, step back on left, step right to right side
3,4 step forward on left, cross right foot in front of left
5,6 step back on left foot, step right to right side
7,8 kick twice with left foot

[9-16] back rock, recover, left shuffle, 2 full turns

1,2 rock back on left foot, recover onto right foot
3&4 step forward on left foot, bring right foot beside left, step forward on left foot
5,6 step forward on right foot (turning a half turn to left) half turn to left stepping onto left foot
7,8 step forward on right foot (turning a half turn to left) half turn to left stepping onto left foot (12 o'clock)

[17-24] weave left with heel jack, weave right with heel jack

1,2 cross right foot in front of left, step left foot to left side
3&4& cross right foot behind left, step left to left side, touch right heel diagonally forward to right, step right foot next to left
5,6 cross left foot in front of right, step right foot to right side
7&8& cross left foot behind right, step right to right side, touch left heel diagonally forward to left, step left foot next to right

[25-32] R rock, recover, ¾ shuffle turn to right, L rock recover, ¼ sailor turn to left

1,2 rock forward on right foot, recover onto left foot
3&4 step forward on right foot (turning a half turn to right), bring left foot next to right, step forward on right foot (turning a quarter turn to right) - 9 o'clock
5,6 rock forward on left foot, recover onto right foot
7&8 step left foot behind right foot (making a quarter turn to left), step right foot beside left, step forward on right foot (6 o'clock)

[33-40] 1/4 turn right, left side shuffle, back step (1/4 turn right), step left (1/4 turn right), right side shuffle, back step (1/2 turn left)

1 step right foot forward (turning a quarter turn to right) - 9 o'clock
2&3 step left foot to left side, bring right foot beside left, step left foot to left side
4,5 step back onto right foot (turning a quarter turn to right), step forward on left foot (turning a quarter turn to right) - 3 o'clock
6&7 step right foot to right side, bring left foot beside right, step right foot to right side
8 step back onto left foot (turning a half turn to left) - 9 o'clock

[41-48] 1/4 turn R rock, recover, coaster, L rock recover, sailor 1/2 turn

1,2 rock forward on right foot (turning a quarter turn to left), recover onto left foot (6 o'clock)
3&4 step back onto right foot, bring left foot next to right, step forward on right foot
5,6 rock forward on left foot, recover onto right foot
7&8 step back on left foot (turning a half turn to left), bring right foot next to left step forward on left foot (12 o'clock)

[49-56] R point, cross, unwind, touch, R point, cross, unwind, touch

- 1,2 point right foot to right side, cross right foot in front of left
- 3,4 unwind to turn a half turn to left (bring weight onto left foot), touch right foot beside left (6 o'clock)
- 5,6 point right foot to right side, cross right foot in front of left
- 7,8 unwind to turn a half turn to left (bring weight onto left foot), touch right foot beside left (12 o'clock)

[57-64] right diagonal lock step, left diagonal lock step, walk, walk ,step right, ½ pivot turn, step left

- 1&2 step right foot diagonally to right, bring left foot beside right, step right foot diagonally to right
- 3&4 step left foot diagonally to left, bring right foot beside left, step left foot diagonally to left
- 5,6 step forward on right foot, step forward on left foot
- 7,8 step forward on right foot (turning a half turn to left), step forward on left foot (6 o'clock)

Tag 1: ("long Tag") - after wall 2

Cross rock, right side shuffle, weave right

- 1,2 cross right foot in front of left, recover onto left foot
- 3&4 step right foot to right side, bring left foot beside right, step right foot to right side
- 5,6 cross left foot in front of right, step right foot to right side, cross left foot behind right foot, step right foot to right side

Cross rock, left side shuffle, weave left

- 1,2 cross left foot in front of right, recover onto right foot
- 3&4 step left foot to left side, bring right foot beside left, step left foot to left side
- 5,6 cross right foot in front of left, step left foot to left side, cross right foot behind left foot, step left foot to left side

Tag 2: ("short tag") - after wall 4

Cross rock, right side shuffle, cross rock, left side shuffle

- 1,2 cross right foot in front of left, recover onto left foot
- 3&4 step right foot to right side, bring left foot beside right, step right foot to right side
- 5,6 cross left foot in front of right, recover onto right foot
- 7&8 step left foot to left side, bring right foot beside left, step left foot to left side

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