

Medicine

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Phrased Easy Intermediate
編舞者: Gloria Stone (USA) - April 2014
音樂: Medicine (feat. Blake Shelton) - Shakira : (CD: Shakira - iTunes)



Phrasing: A – A – B – A – A – A – B – A – A – B – A – A - ENDING □

Step sheet provided by: SneakesNSpurs@neo.rr.com

Start on “much” with lyric Blake Shelton’s “think too much” (17 seconds)

PART A - 32 COUNTS

ROCK FORWARD RIGHT, TRIPLE BACK, ROCK BACK LEFT, TRIPLE ½ TURN

1,2,3&4 Rock forward Right, Recover Left, Triple back Right, Left, Right
5,6,7&8 Rock back Left, Recover Right, Triple Left, Right, Left turning ½ turn to right □6:00

STEP BACK RIGHT, LOCK LEFT OVER RIGHT, LOCKING TRIPLE, OUT, OUT, HOLD, RAMBLE

1,2,3&4 Step back Right, lock Left in front of Right, Locking triple, Right, Left, Right, Step Left
&5,6,7&8 Step left to left, Step right to right, Hold, Ramble right heel, toe, heel

ROCK LEFT, RECOVER, CROSSING TRIPLE, ¼ TURN, ¼ TURN, KICK BALL CHANGE

1,2,3&4 Rock Left, Recover, Cross Left over Right, Step Right to Right, Cross Left over Right
5,6,7&8 Step back Right ¼ turn left, Step Left ¼ turn left, Kick Right forward, Step Right, Step Left □12:00

ROCK RIGHT, RECOVER, CROSSING TRIPLE, ¼ TURN, ¼ TURN, CROSS ROCK, RECOVER, STEP

1,2,3&4 Rock Right, Recover Left, Cross Right over Left, Step Left to left, Cross Right over Left
5,6,7&8 Step Left back ¼ turn right, Step Right forward ¼ turn right, Rock Left over Right, Recover Right, Step Left home □6:00

PART B – Lyric “You’re My Medicine” □ - 24 counts

CROSS ROCK, RECOVER, TRIPLE RIGHT, CROSS ROCK, RECOVER, TRIPLE LEFT □

1,2,3&4 Rock Right over Left, Recover, Step Right to right, Step Left together, Step Right to right [7:30]
5,6 7&8 Rock Left over Right, Recover, Step Left to left, Step Right together, Step Left to left [7:30]

MODIFIED JAZZ BOX, STEP TOUCH, STEP, STEP TOGETHER

1-4 Cross Right over Left, Step Left back, Step Right to right, Touch Left
5-8 Step Left to left, Touch Right, Step Right to right, Step Left together

ROCKING CHAIR, SWAY X4

1-4 Rock Right forward, Recover Left, Rock Right back, Recover Left
5-8 Step Right to right as you sway your hips right, left, right, left (weight ends on Left)

ENDING - 8 COUNTS

PIVOT ½ TURN, ROCK, RECOVER, SWAY X4

1-4 Step Right forward, Pivot ½ turn left (weight left), Rock Right forward, Recover left □12:00
5-8 Step Right to right as you sway your hips right, left, right, left (weight ends on Left)

HAVE FUN !!!

Contact: SneakersNSpurs@neo.rr.com

