

Medicine

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Magali CHABRET (FR) - May 2014
音樂: Medicine (feat. Blake Shelton) - Shakira : (CD: Shakira, Deluxe Version)



32 counts intro

Section 1 – SIDE, TOGETHER, R SHUFFLE FWD, PIVOT ½ TURN, L ROCK FWD, RECOVER

1-2 Step right to side – step left beside right
3&4 Step right forward – step left beside right – step right forward
5-6 Step left forward – pivot 1/2 turn right (6:00)
7-8 Rock forward on left – recover onto right

Section 2 – L ROLLING VINE, POINT, ¼ TURN R, CROSS, SWEEP OUT, L CROSS SHUFFLE

1-2-3 1/4 turn left stepping left forward - 1/4 turn left stepping right to side – 1/2 turn left stepping left beside right (6:00)
4-5-6 Point right to side – 1/4 turn right & cross right over left – Sweep left from back to front (9:00)
7&8 Cross left over right – step right to side – cross left over right

Section 3 – R ROCK, RECOVER, BEHIND SIDE CROSS, L ROCK, RECOVER, L COASTER STEP

1-2 Rock right diagonally right forward – recover onto left
3&4 Cross right behind left – step left to side – cross right over left
5-6 Rock forward on left – recover onto right
7&8 Step back on ball of left – step ball of right next to left – step left forward

Section 4 – PIVOT ½ TURN, R TOE STRUT FWD, ½ TURN R, L TOE STRUT BACK, ½ TURN R, R SHUFFLE FWD

1-2 Step right forward – pivot 1/2 turn left (3:00)
3-6 Right Toe Strut forward (3-4) – 1/2 turn right making a left Toe Strut backward (5-6) (9:00)
7&8 1/2 turn right stepping right forward – step left next to right – step right forward (3:00)

Section 5 – L ROCKING CHAIR, STEP, LOCK, STEP, LOCK, STEP

1-4 Rock forward on left – recover onto right – rock back on left – recover onto right
5-6 Step left forward – lock right behind left
7&8 Step left forward – lock right behind left – step left forward

Section 6 – R SCISSOR STEP, ¼ TURN R, ¼ TURN R, L SHUFFLE FWD, STEP

1-2-3 Step right to side – step left next to right – cross right over left
4-5 1/4 turn right stepping back on left – 1/4 turn right stepping right forward (9:00)
6&7 Step left forward – step right beside left – step left forward
8 Step right forward

Section 7 – STEP, ANCHOR STEP, ½ TURN L, PIVOT ½ TURN, SWAY R-L

1 Step left forward
2&3 Cross right behind left (5th position) – step left in place – step right in place
4-5-6 1/2 turn left stepping left forward – step right forward – pivot 1/2 turn left (9:00)
7-8 Step right to side with a sway to right – recover onto left with a sway to left

Section 8 – CROSS, SIDE, R SAILOR STEP, CROSS, SIDE, BEHIND SIDE CROSS

1-2 Cross right over left – step left to side
3&4 Cross ball of right behind left – step ball of left to side – step right to side
5-6 Cross left over right – step right to side
7&8 Cross left behind right – step right to side – cross left over right (9:00)

RESTARTS :

- during the 2nd wall, after 24 counts (Section 3), face to 6:00
- during the 4th wall, after 56 counts (Section 7), face to 12:00

Original Stepsheet of the choreographer - galicountry76@yahoo.fr

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