

# My Drug (Glasgow LDF Dance)

COPPER KNOB  
BY STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Lee Hamilton (SCO) - March 2018  
音乐: Mi Medicina - CNCO : (iTunes)



Intro: Approx. 11 secs

**\*\* Choreographed especially for Glasgow's LDF day \*\***

## Section 1 [1-8] R Mambo Fwd, L Mambo Back, 1/2 Pivot L, 1/2 Pivot L with Sweep, Behind - Side - Step Diagonal

1&2            Rock R Fwd, Recover, Step R back (12:00)  
3&4            Rock L Back, Recover, Step L Fwd (12:00)  
5&6            Step R Fwd, Pivot 1/2 L, Make a 1/2 L by stepping R Back, Sweep L from Front to Back (12:00)  
7&8            Cross L behind R, Step R to R side, Step L to R Diagonal (1:30)

## Section 2 [9-16] 1/2 Diamond R, R Side Rock, Weave L with R Cross Rock

1&2            Make 1/8 R by crossing R over L, Step L to L side, Make a 1/8 turn R by stepping R back (4:30)  
3&4.           Step L back, Make 1/8 turn R by stepping R to R side, Cross L over R (6:00)  
5&6&.         Rock R to R side, Recover, Cross R over L, Step L to L side (6:00)  
7&8&.         Cross R behind L, Step L to L side, Cross Rock R over L, Recover (6:00)

## Section 3 [17-24] 1/4 R, 1/2 Pivot R, Step, 3/4 Pivot L, Syncopated Side Rock & Cross RL, R Side Point, Touch

12&3.         Make a 1/4 R by stepping R Fwd, Step L Fwd, Pivot 1/2 by taking weight onto R, Step L Fwd (3:00)  
4&5&         Step R Fwd, Pivot 3/4 turn L, Rock R to R side, Recover (6:00)  
6&7&.         Cross R over L, Rock L to L side, Recover, Cross L over R (6:00)  
8&.            Point R toe to R side, Touch R beside L (6:00)

## Section 4 [25-32] R Side, L Back Rock, Step L 1/4, Pivot 1/2 L, Syncopated Lock Steps R&L, Two Step Turn Fwd

12&.           Step R to R side, Cross rock L behind R, Recover (6:00)  
34&.           Make a 1/4 L by stepping L Fwd, Step R fwd and pivot 1/2 L (9:00)  
5&6&.         Step R to R diagonal, Lock L behind R, Step R to R diagonal, Step L to L diagonal (9:00)  
7&8&.         Lock R behind L, Step L to L diagonal, Make 1/2 L by stepping R back, Make 1/2 L by stepping L Fwd (9:00)

**Restart on Wall 4: Dance up to Count 7& in Section 3 then touch R toe beside L and start the dance again**

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