拍数： 48
壇数： 2
级数：Phrased Advanced Funky
编舞者：Niels Poulsen（DK）－September 2019
音乐：Medicine－Jennifer Lopez \＆French Montana ：（iTunes）

Intro： 16 count counts（9 secs．into track）．Start with weight on $L$ foot
Tag：Described at bottom of page．．．
Phrasing：A，A，B，B，A，A，B，B，Tag，B，B
A－ 32 counts， 1 wall Counts Footwork End facing
［1－8］Back R，L mambo，$R$ kick cross，side rock cross，side $R$ ，swivet $L$ ，swivet $1 / 4 R$
$1 \quad$ Step back on $R$ dragging $L$ heel on the floor（1）12：00
2\＆3 Rock back on L（2），recover R（\＆），step L fwd（3）12：00
4\＆Kick R fwd and slightly over L（4），cross step R over L（\＆）12：00
5\＆6\＆$\quad$ Rock $L$ to $L$ side（5），recover on $R(\&)$ ，cross $L$ over $R(6)$ ，step $R$ to $R$ side（\＆）12：00
7－8 Swivel $L$ toes $L$ and $R$ heel $R$（styling：bend slightly in both knees）（7），swivel $L$ toes a $1 / 4 R$ and $R$ heel $L$ a $1 / 4 L$（weight $R$ ）（8）3：00
［ 9 －16］ $1 / 2 R$ sweep，$R$ sailor grind，$L$ sailor，$R$ sailor $1 / 4 L$ ，pendulum kicks R\＆L
$1 \quad$ Turn $1 / 2 R$ stepping back on $L$ sweeping $R$ to $R$ side but with $R$ toes pointing up and dragging with your $R$ heel on the floor during the sweep（1）9：00
2\＆3 Cross $R$ behind $L$（2），step $L$ to $L$ side（\＆），step $R$ to $R$ grinding $L$ foot＇s toes to $L$ diag．（3） 9：00
4\＆5 Cross $L$ behind $R$（4），step $R$ to $R$ side（\＆），step $L$ to $L$ side（5）9：00
\＆6\＆Cross $R$ behind $L$（\＆），turn $1 / 4 L$ stepping $L$ fwd（6），step $R$ to $R$ side（\＆）6：00
7－8 As you step $L$ next to $R$ you swing kick $R$ to $R$ side（7），as you step $R$ next to $L$ you swing kick L to L side（8）6：00
［17－24］ $1 / 4 \mathrm{~L}$ flick，$R$ mambo $3 / 8 R$ ，fwd back rock，vine $1 / 4 R, 1 / 2 R$ back $L$
$1 \quad$ Turn $1 / 4 L$ as you step $L$ next to $R$ and flicking $R$ backwards（1）3：00
2\＆3 Rock R fwd（2），recover back on L（\＆），turn 3／8 R stepping R fwd（3）7：30
4\＆5 Step $L$ fwd（4），rock $R$ slightly behind $L(\&)$ ，recover on $L$（5）7：30
6\＆7 $\quad$ Step $R$ to $R$ side（6），cross $L$ behind $R(\&)$ ，turn $1 / 4 R$ stepping $R$ fwd（7）10：30
8 Turn $1 / 2 R$ stepping back on $L$（8） $4: 30$
［25－32］Walk $R$ back，$L$ back pony，fwd $R, 1 / 2 R$ back $L, 1 / 8 R$ quick back rock，rock $R$ fwd／hitch
1 Walk back on R（1）4：30
2\＆3 Step L back popping $R$ knee（2），recover fwd onto $R(\&)$ ，rock back on $L$ popping $R$ knee（3） 4：30
4－5 Recover fwd onto $R(4)$ ，turn $1 / 2 R$ stepping back on $L$（5）10：30
6\＆$\quad$ Turn 1／8 $R$ rocking back on $R$（6），recover fwd onto $L$（7）12：00
7－8 Rock $R$ fwd（7），recover back on $L$ hitching $R$ knee（8）12：00
B－16 counts， 2 walls
［1－8］Walk R\＆L，R rocking chair，step $1 / 2 L$ ，$R$ step lock step，step $L$ next to $R$
1－2 Walk R fwd（1），walk Lfwd（2）12：00
3\＆4\＆Rock R fwd（3），recover back on $L$（\＆），rock $R$ back（3），recover fwd onto $L$（\＆）12：00
5－6 Step R fwd（5），turn $1 / 2 L$ onto $L$（6）6：00
7\＆8\＆$\quad$ Step $R$ fwd（7），lock $L$ behind $R(\&)$ ，step $R$ fwd（8），step $L$ next to $R(\&) 6: 00$
［ $9-16$ ］ $1 / 4 R$ sweep，cross $R$ over $L, R$ bounce tog．，$L$ bounce $1 / 4 L$ behind，$R$ coaster，tog $L$
1－2 Turn $1 / 4 R$ stepping $R$ fwd and sweeping $L$ fwd（1），cross $L$ over $R(2) 9: 00$
3－4 Bounce rock $R$ to $R$ side（3），recover onto $L$ stepping $R$ next to $L$（4）9：00

Bounce rock $L$ to $L$ side (5), turn $1 / 4 L$ when recovering onto $R$ and stepping back on $L$ (6) 6:00
7\&8\& Step back on R (7), step L next to R (\&), step R fwd (8), step L next to R (\&) 6:00
TAG - 48 counts, 1 wall (starts 2.02 mins into track)
[1-8] Moon walks $R$ and $L$, step $3 / 8 L$, syncopated $V$ step
1-4 Touch $R$ toes next to $L$ (1), step $R$ heel down sliding $L$ foot backwards (2), touch $L$ toes next to $R$ (3), step $L$ heel down sliding $R$ foot backwards (4) 12:00
5-6
Step R fwd (5), turn 3/8 L onto L (6) 7:30
7\&8\& Step R fwd to R diag. (7), step L fwd to L diag. (\&), step R back to centre (8), step L back to centre (\&) 7:30

- Styling: go up on balls of feet on counts 7\& to hit the lyrics 'UP town'
[9-16] $R$ back rock pop, shuffle $1 / 2 L$, $L$ back rock, $L$ shuffle fwd
1-2 Rock back on R popping $L$ knee fwd (1), recover fwd onto $L$ (2) 7:30
$3 \& 4 \quad$ Turn $1 / 4 L$ stepping $R$ to $R$ side (3), step $L$ next to $R(\&)$, turn $1 / 4 L$ stepping back on $R(4) 1: 30$
5-6 Rock back on L (Styling: brush $R$ shoulder with $L$ hand) (5), recover fwd onto R (6) 1:30
7\&8 Step L fwd (7), step R next to L (\&), step L fwd (8) 1:30
[17-24] R walk fwd with $L$ hitch, walk $L$, $R$ jazz box $1 / 8 R, L$ jazz box $1 / 4 L$, step $1 / 2 L$
1-2 Walk R fwd hitching L knee (1), walk L fwd (2) 1:30
- Fun option for count 1: with $R$ arm up make a fist and pull arm down on the word 'Huh'

3\&4 Cross $R$ over $L$ (3), step back on $L$ squaring up to 3:00 (\&), step $R$ to $R$ side (4) 3:00
5\&6 Cross $L$ over $R(5)$, step back on $R(\&)$, turn $1 / 4 L$ stepping fwd onto $L$ (6) 12:00
7-8 Step $R$ fwd (7), turn $1 / 2$ L onto $L$ (8) 6:00
[25-32] Step touch back, $R$ coaster, 3 heel bounces with $3 / 4$ L sweep, behind side cross
1\&2 Step $R$ fwd (1), touch $L$ next to $R(\&)$, step back on $L$ (2) 6:00
$3 \& 4$
Step back $R(3)$, step $L$ next to $R(\&)$, step $R$ fwd (4) 6:00
5\&6 Bounce heels 3 times turning $3 / 4 \mathrm{~L}$ ending with the weight on $R$ and sweeping $L$ to side (5\&6) 9:00
Cross $L$ behind $R(7)$, step $R$ to $R$ side ( $\&$ ), cross $L$ over $R(8)$ 9:00
[33-40] Step touch back, $R$ coaster, 3 heel bounces with $3 / 4 L$ sweep, behind side cross
1\&2 Step $R$ to $R$ diag. (1), touch $L$ next to $R(\&)$, step $L$ back centre (2) 9:00
3\&4 Step back R (3), step L next to R (\&), step R fwd (4) 9:00
5\&6 Bounce heels 3 times turning $3 / 4 \mathrm{~L}$ ending with the weight on $R$ and sweeping $L$ to side (5\&6) 12:00
7\&8 Cross $L$ behind $R(7)$, step $R$ to $R$ side (\&), cross $L$ over $R(8)$ 12:00
[41-48] $R$ side mambo, side $L$, body twist $L$ with heel flick, together, $R$ side mambo, knee split
1\&2 Rock $R$ to $R$ side (1), recover onto $L$ (\&), step $R$ next to $L$ (2) 12:00
$3 \quad$ Step $L$ to $L$ side (3) 12:00
4\&5 Swivel $R$ heel $R$ twisting body $L$ (4), swivel $R$ heel back to centre (\&), step $L$ next to $R$ (5) 12:00
6\&7 $\quad$ Rock $R$ to $R$ side (6), recover onto $L$ (\&), step $R$ next to $L$ (7) 12:00
8\& Lift heels off the floor splitting your knees apart (8), bring knees together and feet down (\&) 12:00

Ending : You naturally end facing 12:00 when finishing your last B 12:00
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