My Medusa

拍数: 32 **墙数:** 4 **级数:** Improver

编舞者: Amanda Rizzello (FR) - April 2025

音乐: Medusa - Cameron Whitcomb

Intro : 16 counts

SECTION 1: Shuffle ½ turn x2, Step flick, Step hook, Rock step forward

1&2	Shuffle ½ turn L stepping R-L-R
3&4	Shuffle ½ turn L stepping L-R-L
5&6&	Step R forward, flick L back (&) as you snap R hand to L heel, step L back, hook R over L as you snap L hand to R heel
7-8	Rock R forward, recover on L

SECTION 2: Scoot back x2, Coaster step, Rock step, Shuffle ½ turn

1&2&	Step R back, hitch L as you hop back, step L back, hitch R as you hop back
3&4	Step R back, step L next to R, step R forward
5-6	Rock L forward, recover on R
7&8	Shuffle ½ turn L stepping L-R-L

Restarts : Walls 2 and 4 – Restart the dance after 16 counts

SECTION 3: Vaudeville R, Vaudeville L, ¼ turn cross, side, behind side cross

1&2&	Cross R over L, step L to side, touch R heel diagonally forward, step R next to L
3&4&	Cross L over R, step R to side, touch L heel diagonally forward, step L next to R
5-6	¼ turn R crossing R over L , step L to L side
7&8	Cross R behind L, step L to side, cross R over L

SECTION 4: Side rock, Behind side cross, Rocking chair

1-2	Rock L to side, recover on R
3&4	Cross L behind R, step R to side, cross L over R
5-6	Rock R forward, recover on L
7-8	Rock R back, recover on L

BRIDGE – After 16 counts on wall 8

1	Step R to R side (keep weight on L)
2-4	Hold for 3 counts

Then continue the dance with Section 3