

Medicine

COPPER KNOB
STEPSHEETS

拍数: 88 墙数: 2 级数: Intermediate
编舞者: Judith Campbell (NZ) - April 2014
音乐: Medicine (feat. Blake Shelton) - Shakira : (Album : Shakira - Deluxe Version - iTunes)



Intro: 32 counts – 17 seconds in.

[1 – 8] □ FWD COASTER – 2 WALKS BACK – BACK COASTER – 2 WALKS FWD

1&2 3 4 Step R fwd, step L next to R, step back on R, 2 walks back LR
5&6 7 8 Step L back, step R next to L, step fwd on L, 2 walks fwd RL

[9 – 16] HALF MONTEREY – R STEP LOCK – SHUFFLE

1 2 3 4 Touch R to side, turning 1/2 to R closing R next to L, touch L to L side, close L next to R (6:00)
5 6 7&8 Step R fwd diag R, lock L behind R, step R fwd, step L next to R, step fwd on R (shuffle) (7:00)

[17 – 24] L STEP LOCK – SHUFFLE – STEP HALF PIVOT – SHUFFLE FWD

1 2 3&4 Step L fwd diag L, lock R behind L, step L fwd, step R next to L, step fwd on L (shuffle) (5:00)
5 6 7&8 Step R fwd (straightening up to front), 1/2 pivot to L, shuffle R ft fwd (RLR) (12:00)

[25 – 32] □ KICK BALL CHANGE – 2 WALKS FWD – KICK B/CHANGE – STEP TAP

1&2 3 4 Kick L fwd, ball change LR, 2 walks fwd LR,
5&6 7 8 Kick L fwd, ball change LR, step fwd onto L, tap R next to L *

[33 – 40] □ SIDE BALL CHANGE – JAZZ BOX – FULL ROLL TO L – SIDE SHUFFLE

&1 2 Step R to R side on ball (&), step L in place, step R across L,
3 4 5 6 Step bk on L, step R to R, (weight on R), full turn to the L - 1/2, 1/2, (LR)
7&8 Side shuffle to L, LRL

[41 – 48] □ MODIFIED ROCKING CHAIR – SIDE TOE SWITCHES (touches) – HITCH TAP

1 2 3 4 Step fwd on R, recover onto L, step bk on R, recover onto L
styling: As you do the rocking chair, turn the body to the LS on fwd rock/rec, then turn body to RS as you rock bk recover – straighten up on recover (4) - (Clicking fingers)
5&6&7 Touch/tap R to R side, step R to L(&), touch L to LS, step L to R (&), touch R to RS,
&8 Hitch R knee up close to L leg (&), touch R out to RS again.

[49 – 56] □ R SAILOR – TAP BEHIND HALF TURN – STEP HALF PIVOT – SHUFFLE FWD

1&2 3 4 Step R behind L, step L to LS, step R in place. Tap L ft behind R, 1/2 turn L (weight onto L) (6:00)
5 6 7&8 Step fwd on R ft, 1/2 pivot to L, shuffle fwd RLR (12:00)

[57 – 64] □ 2 DOROTHY'S – STEP – 3 WALKS TURNING 3/4 TO THE L -

1 2& Step L to L corner, lock R behind L, step L next to R (&), (10:00)
3 4& Step R to R corner, lock L behind R, step R next to L (&), (2:00)
5 6 7 8 3 walks around 3/4 to the L (LRL), tap R next to L □ (3:00)

[65 – 72] □ ROCKING CHAIR – SIDE ROCK RECOVER – STEP – SIDE ROCK RECOVER

1 2 3 4 Step/Rock fwd on R, recover bk on L, step/rock R bk, recover fwd onto L ft.
5 6& 7 8 Step/rock R to R side, recover onto L ft, step R next to L (&), step/rock L to L, recover onto R

[73 – 80] □ STEP – ROCKING CHAIR – SIDE ROCK /REC – STEP – SIDE ROCK /REC

&1 2 3 4 Step L next to R (&), step/rock fwd on R, recover bk on L, step/rock R bk, recover fwd onto L ft.
5 6& 7 8 Step/rock R to R side, recover onto L ft, step R next to L (&), step/rock L to L, recover onto R

[81 – 88] □ STEP – STEP FWD PADDLE TURN – STEP HALF PIVOT – STEP TAP, STEP TAP

&1 2 Step L next to R (&), step R fwd 1/4 turn L (paddle), (12:00)
3 4 Step fwd on R 1/2 pivot to L □ (6:00)
5 6 7 8 Step R to R side, tap L next to R, step L to LS, tap R next to L.

[88] □ □ START DANCE IN NEW DIRECTION – ENJOY !!

ONE RESTART:* On WALL 2 - Dance the first 32 counts then Restart at beginning of dance again.

(This is just to keep the phrasing right for the chorus & Medicine lyrics)

FINISH: At the end of dance you will be doing the 3 walks just stop at (12:00) instead of facing (9:00).
Shakira sings MEDICINE so just do the first rock fwd, recover back facing front.

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