

My Medusa

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Amanda Rizzello (FR) - April 2025
音樂: 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