

# RX (DOUBLE DOSE)

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**Count:** 32                      **Wall:** —                      **Level:** —

**Choreographer:** Carole Daugherty & Frank Cooper

**Music:** Sexual Healing by Max A Million

**Position:** Facing OLOD, Hammer hold

**Both: begin facing OLOD**

## **STEP RIGHT SIDE, LEFT SLIDE, RIGHT CROSSING SHUFFLE, STEP ¼ LEFT, RIGHT LOCK, LEFT FORWARD SHUFFLE**

- 1-2**            Step right foot to right side towards RLOD, slide left behind
- 3&4**            Cross right over left, step together with left, cross right over left
- 5-6**            Step forward ¼ left on left, lock right behind
- 7&8**            Step forward left, step together with right, step left forward

## **SWIVEL WALK RIGHT, LEFT, RIGHT COASTER STEP, STEP LEFT, PIVOT ¼ RIGHT, LEFT CROSSING SHUFFLE**

- 1-2**            Step forward on right foot with heel turned in, step forward on left with heel turned in
- 3&4**            Step back on right, together with left, step forward on right
- 5-6**            Step forward on left, pivot ¼ right facing OLOD
- 7&8**            Cross left over right, step right together, cross left over right

## **HIP PUSHES, WEAVE, STEP ¼ LEFT, RIGHT LOCK, STEP ¼ LEFT & STEP SIDE RIGHT, LEFT BEHIND**

- 1-2**            Push right hip upwards right, push hip further right leaving weight on left

**Hands: left to left on lady's left hip, right to right on lady's right hip**

- 3&4**            Step right behind left, step left to left side, step right across left
- 5-6**            Step left ¼ left facing LOD, lock right behind

**Release hands switching to closed position on counts 7&8**

**7&8LADY: (Facing ILOD) step left ¼ left facing ILOD, step right out to right side, step left behind (or next to right)**

**MAN: (Facing OLOD) step left foot left, step right next to left**

**HIP PUSHES, SAILOR, POINT, PRESS, SWEEPING LEFT ½ SAILOR (RECOVER, TRIPLE STEP FOR MAN)**

**1-2LADY: (Facing ILOD) push right hip upwards right, push right hip further right**

**MAN: (Facing OLOD) push left hip upwards left, push left hip further left**

**3&4LADY: Step right behind left, step together with left, step down on right**

**MAN: Step left behind right, step together with right, step down on left**

**5-6LADY: Step left toe forward diagonally left across partner, lift heel & press into ball of left foot**

**Release man's right & lady's left hand on count 7, man wraps lady's right over her head with his left to exchange and return to hammer hold on count 8**

**5-6MAN: Rock back on right foot allowing lady to press forward, recover forward on left**

**7&8LADY: Push off left with sweeping ½ turn left stepping left, step right together, step left.**

**MAN: Triple step in place right, left, right**

**REPEAT**