

# Medicine Bow

LINEDANCE.COM

**Count:** 48      **Wall:** 2      **Level:** Intermediate Contra

**Choreographer:** Southern Maryland Boot Scooters - July 2017

**Music:** It Ain't My Fault by Brothers Osborne

## Dance starts on vocals - This is a Contra Line Dance

### S1: Step hold, Step hold, Walk, Walk, Walk, Walk

- 1, 2      Step (R), hold
- 3, 4      Step (L), hold
- 5, 6, 7, 8      Walk (R), Walk (L), Walk (R), Walk (L)

### S2: Kick and Touch, Kick and Touch, Sailor Step, Sailor Step

- 1 & 2      Kick right foot, step right, touch left toe to left side
- 3 & 4      Kick left foot, step left, touch right toe to side
- 5 & 6      Cross R behind L, step L to L side, step R to R side
- 7 & 8      Cross L behind R, step R to R side, step L to L side

### Tag #1 here on wall 2 then restart dance

### Tag #1 here on wall 4 then follow with Tag 2 then restart dance

### Tag #1 here on wall 7 then follow with Tag 2 then restart dance

### S3: Step Out, Out, In, In, Shuffle Back, Shuffle Back

- 1, 2      Step out R, Step out L
- 3, 4      Step in R, Step in L
- 5 & 6      Shuffle back R, L, R
- 7 & 8      Shuffle back L, R, L

### S4: Grapevine to the Right, Rolling Grapevine to the Left

- 1, 2, 3, 4      Step R to R side, step L behind R, step R to R side, touch L next to R
- 5, 6,      Step 1/4 turn L to L side, turn 1/4 turn L stepping on R
- 7, 8      Step 1/2 turn on L to front wall, touch R next to L

### S5: Step Lock, Step, Step, Clap, Clap, Shuffle Back

- 1, 2, 3, 4** Step forward on R, slide L foot behind R, step forward R, step forward L
- 5, 6** Clap both hands with contra partner across to the L, clap both hands with contra partner across to the R
- 7 & 8** Shuffle back R, L R

### **S6: Shuffle Back, Coaster Step, Rock Recover, Behind and Cross**

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

### **Restart the dance**

#### **Tag #1 After 16 counts on wall 2, 4 and 7**

- 1, 2** Step forward R, pivot  $\frac{1}{2}$  turn on L

#### **Tag #2 Immediately after Tag #1 on Wall 4 and 7**

#### **Paddle $\frac{1}{2}$ Turn, Paddle $\frac{1}{2}$ Turn**

- 1&2&3&4** On ball of L foot, turn slightly as you touch R toe to side, repeat for total of  $\frac{1}{2}$  turn ending with weight on R foot. Option: Clap hands high on the “&” counts.
- 5&6&7&8** On ball of R foot, turn slightly as you touch L toe to side, repeat for total of  $\frac{1}{2}$  turn ending with weight on foot. Option: Clap hands high on the “&” counts.

### **Big Step, Slide, Touch, Touch, Repeat**

- 1, 2** Step wide to R, slide L foot next to R
- 3, 4** Touch L toe to L side, touch L toe next to R
- 5, 6** Step wide to L, slide R foot next to L
- 7, 8** Touch R toe to R side, touch R toe next to L

### **Mambo Forward, Mambo Back, Out, Out, In, In**

- 1 & 2** Step R forward, step L in place, step R beside L
- 3 & 4** Step L back, step R in place, step L beside R
- 5, 6** Step out R, step out L
- 7, 8** Step in R, step in L

## **Monterey Turn (1/2), Monterey Turn (1/2)**

- 1, 2** Point R toe out to R side. Make 1/2 turn R stepping R beside L
- 3, 4** Point L toe out to L side. Step L beside R
- 5, 6** Point R toe out to R side. Make 1/2 turn R stepping R beside L.
- 7, 8** Point L toe out to L side. Step L beside R.

**To END dance: Shuffle forward R and clap both hands with contra partners (left hand with left partner, right hand with right partner) and hold partners hands as you lift hands high.**

**Note: This dance was created by the team members while visiting The Medicine Bow Lodge in Wyoming. So the dance was named Medicine Bow.**

**Contact: [Snowbird@md.metrocast.net](mailto:Snowbird@md.metrocast.net)**