

Our Medicine

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Veronika Stettner & Melinda Zimonyi (Oct 2014)

Music: My Medicine by Snoop Dogg ft. Willie Nelson

Dance starts with singing!

S-1: HEEL RIGHT & TOE RIGHT TOUCH, LOCK STEP FWD

1 - 2touch R heel forward, hold

3 - 4touch R toe backward, hold

5 - 6step R forward, close L cross behind R

7 - 8step R forward, pause

S-2: HEEL LEFT & TOE LEFT TOUCH, LOCK STEP FWD

1 - 2touch L heel forward, hold

3 - 4touch L toe backward, hold

5 - 6step L forward, close R cross behind L

7 - 8step L forward, pause

S-3: CHARLESTON STEP RIGHT, CHARLESTON STEP LEFT

1 - 2swing R semicircle forward, touch R toe forward

3 - 4swing R semicircle backward, step R backward

5 - 6swing L semicircle backward, touch L toe backward

7 - 8swing L semicircle forward, step L forward

S-4: TOE TOUCH RIGHT, TOE TOUCH LEFT, 1/4 TURN LEFT & SAILOR STEP

1 - 2touch R toe to side, hold

3 - 4step R next to L and touch L toe to side, hold

5 - 6raise L curvy and $\frac{1}{4}$ turn left and put down, close R next to L

7 - 8step L forward, pause

TAG: HEEL TOUCH RIGHT 2X, SAILOR STEP, HEEL TOUCH LEFT 2X, COASTER STEP

HEEL TOUCH RIGHT 2X, SAILOR STEP, HEEL TOUCH LEFT 2X, COASTER STEP

1 - 2touch R heel forward, raise R heel in the air

3 - 4touch R heel forward, raise R heel in the air

5 - 6raise R curvy and $\frac{1}{4}$ turn right and put down, close L next to R

7 - 8step R forward, pause

1 - 2touch L heel forward, raise L heel in the air

3 - 4touch L heel forward, raise L heel in the air

5 - 6raise L curvy and $\frac{1}{4}$ turn left and put down, close R next to L

7 - 8step L forward, pause

All these counts two times! Full turn!

SEQUENCE: A - TAG - A - A - TAG - A - A - A - A - TAG - A - A - A

Enjoy it!

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