

Best Medication

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Doc Rosser & Debz Rosser, Blue Topaz Line Dancing (Nov 2013)

Music: "Night Gone Wasted" by The Band Perry

Intro 16 counts - Style: Country

[1-8] syncopated jazz cross, back, side, kick, kick

1,2&cross right foot in front of left, step back on left, step right to right side

3,4step forward on left, cross right foot in front of left

5,6step back on left foot, step right to right side

7,8kick twice with left foot

[9-16] back rock, recover, left shuffle, 2 full turns

1,2rock back on left foot, recover onto right foot

3&4step forward on left foot, bring right foot beside left, step forward on left foot

5,6step forward on right foot (turning a half turn to left) half turn to left stepping onto left foot

7,8step forward on right foot (turning a half turn to left) half turn to left stepping onto left foot (12 o'clock)

[17-24] weave left with heel jack, weave right with heel jack

1,2cross right foot in front of left, step left foot to left side

3&4&cross right foot behind left, step left to left side, touch right heel diagonally forward to right, step right foot next to left

5,6cross left foot in front of right, step right foot to right side

7&8&cross left foot behind right, step right to right side, touch left heel diagonally forward to left, step left foot next to right

[25-32] R rock, recover, ¾ shuffle turn to right, L rock recover, ¼ sailor turn to left

1,2rock forward on right foot, recover onto left foot

3&4step forward on right foot (turning a half turn to right), bring left foot next to right, step forward on right foot (turning a quarter turn to right) - 9 o'clock

5,6rock forward on left foot, recover onto right foot

7&8step left foot behind right foot (making a quarter turn to left), step right foot beside left, step forward on right foot (6 o'clock)

[33-40] 1/4 turn right, left side shuffle, back step (1/4 turn right), step left (1/4 turn right), right side shuffle, back step (1/2 turn left)

1step right foot forward (turning a quarter turn to right) - 9 o'clock

2&3step left foot to left side, bring right foot beside left, step left foot to left side

4,5step back onto right foot (turning a quarter turn to right), step forward on left foot (turning a quarter turn to right) - 3 o'clock

6&7step right foot to right side, bring left foot beside right, step right foot to right side

8step back onto left foot (turning a half turn to left) - 9 o'clock

[41-48] 1/4 turn R rock, recover, coaster, L rock recover, sailor 1/2 turn

1,2rock forward on right foot (turning a quarter turn to left), recover onto left foot (6 o'clock)

3&4step back onto right foot, bring left foot next to right, step forward on right foot

5,6rock forward on left foot, recover onto right foot

7&8step back on left foot (turning a half turn to left), bring right foot next to left step forward on left foot (12 o'clock)

[49-56] R point, cross, unwind, touch, R point, cross, unwind, touch

1,2point right foot to right side, cross right foot in front of left

3,4unwind to turn a half turn to left (bring weight onto left foot), touch right foot beside left (6 o'clock)

5,6point right foot to right side, cross right foot in front of left

7,8unwind to turn a half turn to left (bring weight onto left foot), touch right foot beside left (12 o'clock)

[57-64] right diagonal lock step, left diagonal lock step, walk, walk ,step right, ½ pivot turn, step left

1&2step right foot diagonally to right, bring left foot beside right, step right foot diagonally to right

3&4step left foot diagonally to left, bring right foot beside left, step left foot diagonally to left

5,6step forward on right foot, step forward on left foot

7,8step forward on right foot (turning a half turn to left), step forward on left foot (6 o'clock)

Tag 1: ("long Tag") - after wall 2

Cross rock, right side shuffle, weave right

1,2cross right foot in front of left, recover onto left foot

3&4step right foot to right side, bring left foot beside right, step right foot to right side

5,6cross left foot in front of right, step right foot to right side, cross left foot behind right foot, step right foot to right side

Cross rock, left side shuffle, weave left

1,2cross left foot in front of right, recover onto right foot

3&4step left foot to left side, bring right foot beside left, step left foot to left side

5,6cross right foot in front of left, step left foot to left side, cross right foot behind left foot, step left foot to left side

Tag 2: ("short tag") - after wall 4

Cross rock, right side shuffle, cross rock, left side shuffle

1,2cross right foot in front of left, recover onto left foot

3&4step right foot to right side, bring left foot beside right, step right foot to right side

5,6cross left foot in front of right, recover onto right foot

7&8step left foot to left side, bring right foot beside left, step left foot to left side

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