

Medicine

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Count: 56 **Wall:** 2 **Level:** Phrased Easy Intermediate

Choreographer: Gloria Stone (April 2014)

Music: Medicine by Shakira feat. Blake Shelton [CD: "Shakira"] iTunes

Phrasing: A - A - B - A - A - A - B - A - A - B - A - A - ENDING

Step sheet provided by: SneakesNSpurs@neo.rr.com

Start on "much" with lyric Blake Shelton's "think too much" (17 seconds)

PART A - 32 COUNTS

ROCK FORWARD RIGHT, TRIPLE BACK, ROCK BACK LEFT, TRIPLE ½ TURN

1,2,3&4 Rock forward Right, Recover Left, Triple back Right, Left, Right

5,6,7&8 Rock back Left, Recover Right, Triple Left, Right, Left turning ½ turn to right 6:00

STEP BACK RIGHT, LOCK LEFT OVER RIGHT, LOCKING TRIPLE, OUT, OUT, HOLD, RAMBLE

1,2,3&4 Step back Right, lock Left in front of Right, Locking triple, Right, Left, Right, Step Left

&5,6,7&8 Step left to left, Step right to right, Hold, Ramble right heel, toe, heel

ROCK LEFT, RECOVER, CROSSING TRIPLE, ¼ TURN, ¼ TURN, KICK BALL CHANGE

1,2,3&4 Rock Left, Recover, Cross Left over Right, Step Right to Right, Cross Left over Right

5,6,7&8 Step back Right ¼ turn left, Step Left ¼ turn left, Kick Right forward, Step Right, Step Left 12:00

ROCK RIGHT, RECOVER, CROSSING TRIPLE, ¼ TURN, ¼ TURN, CROSS ROCK, RECOVER, STEP

1,2,3&4 Rock Right, Recover Left, Cross Right over Left, Step Left to left, Cross Right over Left

5,6,7&8 Step Left back ¼ turn right, Step Right forward ¼ turn right, Rock Left over Right, Recover Right, Step Left home 6:00

PART B - Lyric "You're My Medicine" - 24 counts

CROSS ROCK, RECOVER, TRIPLE RIGHT, CROSS ROCK, RECOVER, TRIPLE LEFT

1,2,3&4 Rock Right over Left, Recover, Step Right to right, Step Left together, Step Right to right [7:30]

5,6 7&8 Rock Left over Right, Recover, Step Left to left, Step Right together, Step Left to left [7:30]

MODIFIED JAZZ BOX, STEP TOUCH, STEP, STEP TOGETHER

1-4 Cross Right over Left, Step Left back, Step Right to right, Touch Left

5-8 Step Left to left, Touch Right, Step Right to right, Step Left together

ROCKING CHAIR, SWAY X4

1-4 Rock Right forward, Recover Left, Rock Right back, Recover Left

5-8 Step Right to right as you sway your hips right, left, right, left (weight ends on Left)

ENDING - 8 COUNTS

PIVOT ½ TURN, ROCK, RECOVER, SWAY X4

1-4 Step Right forward, Pivot ½ turn left (weight left), Rock Right forward, Recover left 12:00

5-8 Step Right to right as you sway your hips right, left, right, left (weight ends on Left)

HAVE FUN ! ! !

Contact: SneakersNSpurs@neo.rr.com