

Music is Medicine

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Donna Manning (April 2016)

Music: Music is Medicine by Marie Osmond

***1 little fix on Wall 8 - do the first 14 counts and immediately Restart.**

Sec. 1 (1-8) Black Bottom Steps, Triple Step, Walk 2X

1,2,3,4 Touch R toe Fwr, Step back on R, Touch L toe back, Step L fwr

5&6, 7-8 Step R fwr, bring instep of L to heel of R, step R fwr, walk L-R

Sec. 2 (9-16) ¼ Turn L Monteray (2X)

1,2,3,4 Touch L toe to L side, as you make ¼ turn to L on ball of R bring L back to center and take weight, touch R to R side, bring R back to center and take weight.

5,6 Touch L toe to L side, as you make ¼ turn to L on ball of R bring L back to center and take weight

RESTART HERE - wall 8 starts facing 6:00 - you will turn towards 12:00 to actually restart

7,8 touch R to R side, touch next to L

Sec. 3 (17-24) Vine R / Vine L with Touches

1,2,3,4 R to R side, L behind R, R to R side, touch L next to R

5,6,7,8 L to L side, R behind L, L to L side, touch R next to L

Sec. 4 (25-32) Rocking Chair, ½ Pivot Turn -2X

1,2,3,4 Rock R fwr, recover to L, push off ball of R behind, recover to L

5,6,7,8 Step R fwr, ½ pivot to L, step R fwr, ½ pivot to L

HAVE FUN!!!

Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in its original format and include all CONTACTDETAILS on this script.

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