

Your Medicine!

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Count: 48 **Wall:** 2 **Level:** Phrased Advanced Funky

Choreographer: Niels Poulsen (Denmark) September 2019

Music: Medicine by Jennifer Lopez & Montana. Track length: 2:54. Buy on iTunes, etc.

Intro: 16 count counts (9 secs. into track). Start with weight on L foot

Tag: Described at bottom of page...

Phrasing: A, A, B, B, A, A, B, B, Tag, B, B

A - 32 counts, 1 wall Counts Footwork End facing

[1 - 8] Back R, L mambo, R kick cross, side rock cross, side R, swivet L, swivet ¼ R

- 1** Step back on R dragging L heel on the floor (1) 12:00
- 2&3** Rock back on L (2), recover R (&), step L fwd (3) 12:00
- 4&** Kick R fwd and slightly over L (4), cross step R over L (&) 12:00
- 5&6&** Rock L to L side (5), recover on R (&), cross L over R (6), step R to R side (&) 12:00
- 7 - 8** Swivel L toes L and R heel R (styling: bend slightly in both knees) (7), swivel L toes a ¼ R and R heel L a ¼ L (weight R) (8) 3:00

[9 - 16] ½ R sweep, R sailor grind, L sailor, R sailor ¼ L, pendulum kicks R&L

- 1** Turn ½ R stepping back on L sweeping R to R side but with R toes pointing up and dragging with your R heel on the floor during the sweep (1) 9:00
- 2&3** Cross R behind L (2), step L to L side (&), step R to R grinding L foot's toes to L diag. (3) 9:00
- 4&5** Cross L behind R (4), step R to R side (&), step L to L side (5) 9:00
- &6&** Cross R behind L (&), turn ¼ L stepping L fwd (6), step R to R side (&) 6:00
- 7 - 8** As you step L next to R you swing kick R to R side (7), as you step R next to L you swing kick L to L side (8) 6:00

[17 - 24] ¼ L flick, R mambo 3/8 R, fwd back rock, vine ¼ R, ½ R back L

- 1** Turn ¼ L as you step L next to R and flicking R backwards (1) 3:00
- 2&3** Rock R fwd (2), recover back on L (&), turn 3/8 R stepping R fwd (3) 7:30
- 4&5** Step L fwd (4), rock R slightly behind L (&), recover on L (5) 7:30

6&7 Step R to R side (6), cross L behind R (&), turn $\frac{1}{4}$ R stepping R fwd (7) 10:30

8 Turn $\frac{1}{2}$ R stepping back on L (8) 4:30

[25 - 32] Walk R back, L back pony, fwd R, $\frac{1}{2}$ R back L, $\frac{1}{8}$ R quick back rock, rock R fwd/hitch

1 Walk back on R (1) 4:30

2&3 Step L back popping R knee (2), recover fwd onto R (&), rock back on L popping R knee (3) 4:30

4 - 5 Recover fwd onto R (4), turn $\frac{1}{2}$ R stepping back on L (5) 10:30

6& Turn $\frac{1}{8}$ R rocking back on R (6), recover fwd onto L (7) 12:00

7 - 8 Rock R fwd (7), recover back on L hitching R knee (8) 12:00

B - 16 counts, 2 walls

[1 - 8] Walk R&L, R rocking chair, step $\frac{1}{2}$ L, R step lock step, step L next to R

1 - 2 Walk R fwd (1), walk L fwd (2) 12:00

3&4& Rock R fwd (3), recover back on L (&), rock R back (3), recover fwd onto L (&) 12:00

5 - 6 Step R fwd (5), turn $\frac{1}{2}$ L onto L (6) 6:00

7&8& Step R fwd (7), lock L behind R (&), step R fwd (8), step L next to R (&) 6:00

[9 - 16] $\frac{1}{4}$ R sweep, cross R over L, R bounce tog., L bounce $\frac{1}{4}$ L behind, R coaster, tog L

1 - 2 Turn $\frac{1}{4}$ R stepping R fwd and sweeping L fwd (1), cross L over R (2) 9:00

3 - 4 Bounce rock R to R side (3), recover onto L stepping R next to L (4) 9:00

5 - 6 Bounce rock L to L side (5), turn $\frac{1}{4}$ L when recovering onto R and stepping back on L (6) 6:00

7&8& Step back on R (7), step L next to R (&), step R fwd (8), step L next to R (&) 6:00

TAG - 48 counts, 1 wall (starts 2.02 mins into track)

[1 - 8] Moon walks R and L, step $\frac{3}{8}$ L, syncopated V step

1 - 4 Touch R toes next to L (1), step R heel down sliding L foot backwards (2), touch L toes next to R (3), step L heel down sliding R foot backwards (4) 12:00

5 - 6 Step R fwd (5), turn $\frac{3}{8}$ L onto L (6) 7:30

7&8& Step R fwd to R diag. (7), step L fwd to L diag. (&), step R back to centre (8), step L back to centre (&) 7:30

- Styling: go up on balls of feet on counts 7& to hit the lyrics 'UP town'

[9 - 16] R back rock pop, shuffle ½ L, L back rock, L shuffle fwd

1 - 2 Rock back on R popping L knee fwd (1), recover fwd onto L (2) 7:30

3&4 Turn ¼ L stepping R to R side (3), step L next to R (&), turn ¼ L stepping back on R (4) 1:30

5 - 6 Rock back on L (Styling: brush R shoulder with L hand) (5), recover fwd onto R (6) 1:30

7&8 Step L fwd (7), step R next to L (&), step L fwd (8) 1:30

[17 - 24] R walk fwd with L hitch, walk L, R jazz box 1/8 R, L jazz box ¼ L, step ½ L

1 - 2 Walk R fwd hitching L knee (1), walk L fwd (2) 1:30

- Fun option for count 1: with R arm up make a fist and pull arm down on the word 'Huh'

3&4 Cross R over L (3), step back on L squaring up to 3:00 (&), step R to R side (4) 3:00

5&6 Cross L over R (5), step back on R (&), turn ¼ L stepping fwd onto L (6) 12:00

7 - 8 Step R fwd (7), turn ½ L onto L (8) 6:00

[25 - 32] Step touch back, R coaster, 3 heel bounces with ¾ L sweep, behind side cross

1&2 Step R fwd (1), touch L next to R (&), step back on L (2) 6:00

3&4 Step back R (3), step L next to R (&), step R fwd (4) 6:00

5&6 Bounce heels 3 times turning ¾ L ending with the weight on R and sweeping L to side (5&6) 9:00

7&8 Cross L behind R (7), step R to R side (&), cross L over R (8) 9:00

[33 - 40] Step touch back, R coaster, 3 heel bounces with ¾ L sweep, behind side cross

1&2 Step R to R diag. (1), touch L next to R (&), step L back centre (2) 9:00

3&4 Step back R (3), step L next to R (&), step R fwd (4) 9:00

5&6 Bounce heels 3 times turning ¾ L ending with the weight on R and sweeping L to side (5&6) 12:00

7&8 Cross L behind R (7), step R to R side (&), cross L over R (8) 12:00

[41 - 48] R side mambo, side L, body twist L with heel flick, together, R side mambo, knee split

- 1&2** Rock R to R side (1), recover onto L (&), step R next to L (2) 12:00
- 3** Step L to L side (3) 12:00
- 4&5** Swivel R heel R twisting body L (4), swivel R heel back to centre (&), step L next to R (5)
12:00
- 6&7** Rock R to R side (6), recover onto L (&), step R next to L (7) 12:00
- 8&** Lift heels off the floor splitting your knees apart (8), bring knees together and feet down (&)
12:00

Ending : You naturally end facing 12:00 when finishing your last B 12:00

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