

# Your Medicine!

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, swivel L, swivel 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&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 ¼ R stepping R fwd (7) 10:30  
8 Turn ½ R stepping back on L (8) 4:30

**[25 – 32] Walk R back, L back pony, fwd R, ½ R back L, 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 ½ R stepping back on L (5) 10:30  
6& Turn 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 ½ 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 ½ 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] ¼ R sweep, cross R over L, R bounce tog., L bounce ¼ L behind, R coaster, tog L**

- 1 – 2 Turn ¼ 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 ¼ 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 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 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 1/4 L, step 1/2 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 1/4 L stepping fwd onto L (6) 12:00

7 – 8 Step R fwd (7), turn 1/2 L onto L (8) 6:00

**[25 – 32] Step touch back, R coaster, 3 heel bounces with 3/4 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 3/4 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 3/4 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

Bounce heels 3 times turning 3/4 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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