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My Medicine

40 Count, 4 Wall, Intermediate/Advanced
Choreographer: Merete Sevel (May 2008)
Choreographed to: My Medicine by Snoop Dogg,
CD: Ego Trippin'

STEP BACK, TOUCH BACK, ¼ TURN LEFT, 2X HITCH TOUCH HITCH STEP, ¼ TURN LEFT

- 1&2 Step right back, touch left back, turn ¼ left on left toe and right heel (9:00)
Take your left hand in your right hand (arms down in front of you)
- &3&4 Hitch left knee, touch left diagonally forward, hitch left knee, step down on left
Still holding your own hands, lift them up at chest level, bring them down over your left leg,
repeat
- &5&6 Repeat &3&4 with right leg
Same arm movements as &3&4 but over your right leg
- &7&8 Make ¼ turn left by rolling hips to the left twice (6:00) (end with weight on left)
Still holding your own hands, hands move in a circle twice in front of you to the left

HITCH, 4X STEP BACK & HITCH, KICK, TOUCH, ½ TURN LEFT

- & Hitch right
- 1& Step slightly right back, step left in front of right (third position) while hitching right
- 2&3&4& Repeat 1& three times
Pop chest forward when you step right back and pop chest back when you hitch right
- 5 Kick left forward with flexed foot
- 6 Touch left behind right
- &7&8 Make ½ turn left by rolling hips to the left twice (12:00). End with weight on right

STEP FORWARD, HITCH, ¼ TURN RIGHT, HITCH, STEP, BEND LEGS/STRAIGHTEN UP

- 1 Step forward on left
- 2 Hitch right
- 3 Step right ¼ turn right (3:00)
- 4 Hitch left
- 5 Step left next to right
On &5, move arms down in front of you palms together with fingers pointed to the floor,
move left arm slightly to the left and right arm slightly to the right palms to the floor with fingers
pointing to the sides
- &6 Bend legs popping knees out, straighten up
On &6, turn hands so that you have palms upwards - fingertips touch at stomach level
(as though you are holding/lifting something in the palms of your hands)
- &7&8 Repeat &6 twice
- On &7 Lower hands slightly, bring them back up a little bit
- On &8 Repeat &5 hands

½ SAILOR LEFT, SHUFFLE FORWARD, FULL TRIPLE TURN, MAMBO FORWARD

- 1&2 Left sailor ½ turn (9:00)
- 3&4 Shuffle forward right-left-right with prep
- 5&6 Full triple turn right
- 7&8 Rock forward on right, recover on left, step right next to left

LOCK STEP BACK, HITCH, LOCK STEP BACK, SCUFF, LOCK STEP BACK, HITCH, LOCK STEP BACK, STEP

- 1&2 Step left diagonally back to the left, cross right in front of left, step left back
- & Hitch right
- 3&4 Step right diagonally back to the right, cross left in front of right, step right back
(keep left heel to the floor)
- & Scuff left toes backwards
- 5&6& Repeat 1&2&
- 7&8 Repeat 3&4
- & Step left next to right

TAG: After wall 1

MAMBO TURN RIGHT, HITCH, MAMBO TURN LEFT

- 1& Step ¼ turn right on right, cross left behind right (12:00)
- 2&3& Repeat 1& twice (6:00)
- 4 Step ¼ turn right on right (9:00)
- & Hitch left
- 5& Step ¼ turn left on left, cross right behind left (6:00)
- 6&7& Repeat 5& twice (12:00)
- 8 Step ¼ turn left on left (9:00)

Music stops when you are doing 8& in the last section. Instead of stepping right back and left next to right: turn ¼ turn right (12:00) and pose

In section 2 counts 1&2&3&4& you can pop your shoulders: pop right shoulder down and left shoulder up when you step right back, then pop right shoulder up and left shoulder down when you hitch right leg

Music download available from iTunes

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