

My Medicine

40 Count, 2 Wall, Beginner

Choreographer: Milo Eve (NL) Oct 2008

Choreographed to: My Medicine on Ego Trippin' by
Snoop Dogg

Intro 4 counts, start at heavy beat.

1-8 Step fwd 2x, rocking chair, step back 2x, coaster step

- 1 LF Step fwd
- 2 RF Step fwd / 3 LF Step fwd & RF Recover weight
- 4 LF Step bwd
- 5 RF Step bwd
- 6 LF Step bwd
- 7 & RF Step bwd, LF Step next to
- 8 RF Step fwd

9-16 Step fwd ¼ turn L step R ¼ turn L, step back 2x, step back ½ turn L, Step fwd, step fwd ¼ turn R 2x, step fwd

- 9 LF Step fwd, ¼ turn L
- 10 RF Step R, ¼ turn L
- 11 LF Step bwd
- 12 RF Step bwd
- 13 LF Step bwd, ½ turn L
- 14 RF Step fwd
- 15 & LF Step fwd, ¼ turn R, RF Step R, ¼ turn R
- 16 LF Step fwd (at 6)

17-24 Rock 2x, rock shuffle back, rock ¼ turn L, cross behind ¼ turn, coasterstep

- 17 RF Recover weight
- 18 LF Recover weight
- 19 RF Recover weight / & LF Close in front
- 20 RF Step bwd
- 21 & LF Step bwd, ¼ turn L, RF Recover weight
- 22 LF Cross behind RV, ¼ turn L
- 23 & RF Step bwd, LF Step next to
- 24 RF Step fwd (at 12)

25-32 Step fwd 2x, step ¼ turn R 2x, step fwd, Lock shuffle 2x, step fwd

- 25 LF Step fwd
- 26 RF Step fwd
- 27 LF Step fwd, ¼ turn R / & RF Step R, ¼ turn R
- 28 LF Step fwd
- 29 & RF Step fwd, LF Close behind
- 30 & RF Step fwd, LF Step fwd
- 31 & RF Close behind, LF Step fwd
- 32 RF Step fwd (at 6)

33-40 Step fwd ¼ turn R 2x, step fwd, rocking chair, coasterstep, Step fwd ¼ turn L, step fwd

- 33 LF Step fwd, ¼ turn R / & RF Step R, ¼ turn R
- 34 LF Step fwd
- 35 & RF Step fwd, LF Recover weight
- 36 RF Step bwd
- 37 & LF Step bwd, RF Step next to
- 38 LF Step fwd
- 39 & RF Step fwd, ¼ turn L, LF Step L, ¼ turn L
- 40 RF Step fwd (at 6)