



Web site: www.linedancerweb.com

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Music Is Medicine

32 Count, 2 Wall, Beginner

Choreographer: Donna Manning (USA) Apr 2016

Choreographed to: Music is Medicine by Marie Osmond

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

Section 1 Black Bottom Steps, Triple Step, Walk 2X

1,2,3,4

Touch R toe Fwrd, 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

Section 2

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

Section 3

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

Section 4

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!
