

# Your Medicine!

Choreographer: Niels Poulsen (Denmark)

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Type of dance: Advanced, 2 wall funky AB dance. A section: 32 counts, B section: 16 counts.  
 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  
 1 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
<b>1 – 8</b>	<b>Back R, L mambo, R kick cross, side rock cross, side R, swivet L, swivet ¼ R</b>	
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 ( <i>styling: bend slightly in both knees</i> ) (7), swivel L toes a ¼ R and R heel L a ¼ L (weight R) (8)	3:00
<b>9 – 16</b>	<b>½ R sweep, R sailor grind, L sailor, R sailor ¼ L, pendulum kicks R&amp;L</b>	
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
<b>17 – 24</b>	<b>¼ L flick, R mambo 3/8 R, fwd back rock, vine ¼ R, ½ R back L</b>	
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
<b>25 – 32</b>	<b>Walk R back, L back pony, fwd R, ½ R back L, 1/8 R quick back rock, rock R fwd/hitch</b>	
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

Counts	Footwork	End facing
<b>1 – 8</b>	<b>Walk R&amp;L, R rocking chair, step ½ L, R step lock step, step L next to R</b>	
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
<b>9 – 16</b>	<b>¼ R sweep, cross R over L, R bounce tog., L bounce ¼ L behind, R coaster, tog L</b>	
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)**

<b>Counts</b>	<b>Footwork</b>	<b>End facing</b>
<b>1 – 8</b>	<b>Moon walks R and L, step 3/8 L, syncopated V step</b>	
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 (&) – <i>Styling: go up on balls of feet on counts 7&amp; to hit the lyrics 'UP town'</i>	7:30
<b>9 – 16</b>	<b>R back rock pop, shuffle ½ L, L back rock, L shuffle fwd</b>	
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 ( <i>Styling: brush R shoulder with L hand</i> ) (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
<b>17 – 24</b>	<b>R walk fwd with L hitch, walk L, R jazz box 1/8 R, L jazz box ¼ L, step ½ L</b>	
1 – 2	Walk R fwd hitching L knee (1), walk L fwd (2) – <i>Fun option for count 1: with R arm up make a fist and pull arm down on the word 'Huh' 😊</i>	1:30
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
<b>25 – 32</b>	<b>Step touch back, R coaster, 3 heel bounces with ¾ L sweep, behind side cross</b>	
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
<b>33 – 40</b>	<b>Step touch back, R coaster, 3 heel bounces with ¾ L sweep, behind side cross</b>	
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
<b>41 – 48</b>	<b>R side mambo, side L, body twist L with heel flick, together, R side mambo, knee split</b>	
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
<b>Ending</b>	You naturally end facing 12:00 when finishing your last B 😊	12:00