



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SIDE, TOUCH, SIDE, TOUCH, ½ RUMBA BOX, TOUCH

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-6 Step right to right side, step left next to right
- 7-8 Step forward right, touch left next to right

SEC 2 SIDE, TOUCH, SIDE, TOUCH, SIDE, CLOSE, ¼ STEP, SCUFF

- 1-2 Step left to left side, touch right next to left
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right next to left
- 7-8 Turn ¼ turn left stepping forward left, scuff right (9:00)

SEC 3 ½ WALK AROUND, RUN X3, HOLD

- 1-2 Turn ¼ L walk forward right, hold (6:00)
- 3-4 Turn ¼ L walk forward left, hold (3:00)
- 5-6 Run forward right, run forward left
- 7-8 Run forward right, hold

SEC 4 ROCK, SIDE ROCK, COASTER STEP, BRUSH

- 1-2 Rock forward left, recover on right
- 3-4 Rock left to left side, recover on right
- 5-6 Step back on left, step right next to left
- 7-8 Step forward left, brush right forward

SEC 5 TOE STRUT, TOE STRUT, ROCK, TOE STRUT BACK

- 1-2 Touch right toe forward, slap heel down
- 3-4 Touch left toe forward, slap heel down
- 5-6 Rock forward right, recover on left
- 7-8 Touch right toe back, slap heel down

SEC 6 BACK TOE STRUT, BACK TOE STRUTS, COASTER CROSS, HOLD

- 1-2 Touch left toe back, slap heel down
- 3-4 Touch right toe back, slap heel down
- 5-6 Step back on left, step right next to left
- 7-8 Cross left over right, hold



Your Own Medicine

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SEC 7 SIDE ROCK, CROSS, HOLD, SIDE ROCK, CROSS, SIDE

- 1-2 Rock right to right side, recover on left
- 3-4 Cross right over left, hold
- 5-6 Rock left to left side, recover on right
- 7-8 Cross left over right, step right to right side

SEC 8 BEHIND, ¼ STEP, ROCK, BACK, DRAG, BACK ROCK

- 1-2 Cross left behind right, turn ¼ right stepping forward right (6:00)
- 3-4 Rock forward left, recover on right
- 5-6 Large step back on left, drag right up to left
- 7-8 Rock back on right, recover on left

Restart Here on Wall 1

SEC 9 STOMP X2, TAP, HOLD

- 1-2 Stomp right forward, stomp left in place
- 3-4 Tap right next to left, hold

Tag At the end of Wall 5

SIDE, TOUCH, SIDE, TOUCH, ½ WALK AROUND

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-6 Turn ⅛ R walk forward right, hold
- 7-8 Turn ⅛ R walk forward left, hold
- 1-2 Turn ⅛ R walk forward right hold
- 3-4 Turn ⅛ R cross left over right, hold



Remember to Vote for your favourite dances at www.linedancerweb.com

www.linedancefoundation.com, www.linedancer-radio.com, www.crystalbootawards.com

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