

<p><b>MEDICINE:</b> J Lo  Chore: Barb Guenette, CCI  (format for CCC by G Johnson)  Intermediate; Left foot lead; 8 count wait</p>
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| <p><b>Intro</b>    2 Turkey Basic                    (8)</p> <p><b>Part A</b>    1 Loop &amp; Heel 1/4 L            (8)<br/>               1 Joey                                    (4)<br/>               1 Rocking Chair 1/4 L        (4)<br/>               <b>REPEAT to front</b></p> <p><b>Part B</b>    2 Heel Struts                    (4)<br/>               1 Vine                                    (4)<br/>               1 Crazy Step                    (8)<br/>               <b>REPEAT on opposite foot</b></p> <p><b>Part C</b>    1 Step Cross Touch            (8)<br/>               1 Karate turn 1/2 L            (4)<br/>               2 Unclog                            (4)<br/>               <b>REPEAT to Front</b></p> <p><b>Part A</b>    1 Loop &amp; Heel 1/4 L            (8)<br/>               1 Joey                                    (4)<br/>               1 Rocking Chair 1/4 L        (4)<br/>               <b>REPEAT to front</b></p> <p><b>Part B</b>    2 Heel Struts                    (4)<br/>               1 Vine                                    (4)<br/>               1 Crazy Step                    (8)<br/>               <b>REPEAT on opposite foot</b></p> <p><b>Part C</b>    1 Step Cross Touch            (8)<br/>               1 Karate turn 1/2 L            (4)<br/>               2 Unclog                            (4)<br/>               <b>REPEAT to Front</b></p> | <p><b>Break</b> 2 Outhouse                    (8)<br/>               1 Run 4fwd, Drag &amp; Skip 1/4 R (4)<br/>               2 Outhouse                    (8)<br/>               1 Run 4fwd, Drag &amp; Skip 1/4 R (4)<br/>               2 Outhouse                    (8)<br/>               1 Run 4fwd, Drag &amp; Skip 1/2 R (4)</p> <p><b>Part C</b> 1 Step Cross Touch            (8)<br/>               1 Karate turn 1/2 L            (4)<br/>               2 Unclog                            (4)<br/>               <b>REPEAT to Front</b></p> |
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# Step Breakdown: Medicine

## TURKEY BASIC (4)

DRAG	HEEL(wt)	SNAP	STEP	DS	RS
R	L	L	R	L	RL
&	1	&	2	&3	&4

## LOOP & HEEL 1/4 Left (8)

DS	LOOP(xib)	STEP(xib)	ROCK	HEEL(wt)(1/4 L)	(p)	STEP	RS	DS	DS	RS
L	R	R	L	R		L	RL	R	L	RL
&1	&	2	&	3		&	4	&5	&6	&7 &8

## JOEY (4)

DS(fwd)	BALL(xib)	BALL(ots)	BALL(fwd)	BALL(xib)	BALL(ots)	STEP
L	R	L	R	L	R	L
&1	&	2	&	3	&	4

## ROCKING CHAIR (4) (turn as cued on brush)

DS	BRUSH	L/C	DS	BS
L	R	R/L	R	LR
&1	&	2	&3	&4

## HEEL STRUTS (2)

(p)	HTCH	R	STEP(xif)
	L	R	L
&	1	&	2

## VINE (4)

DS	DS (xib)	DS (ots)	BS
L	R	L	RL
&1	&2	&3	&4

## CRAZY STEP (8)

DS	DS	DS	KICK	L/C	BALL(ib)	STEP	DS	BALL	STEP	KICK	L/C
L	R	L	R	R/L	R	L	R	L	R	L	L/R
&1	&2	&3	&	4	&	5	&6	&	7	&	8

## STEP CROSS TOUCH (8) aka Cross Touch

S(xif)	TTCH(ots)	S(xif)	TTCH(ots)	S(xif)	TTCH(ots)	S(xif)	TTCH(ots)
L	R	L	R	L	R	L	R
1	2	3	4	5	6	7	8

## KARATE TURN (4)

DS(1/4L)	KICK(ots)	PIVOT/PULL (1/4 L)	STEP	KICK(f)	CLICK
L	R	L/R	R	L	R
&1	&	2	3	&	4

## UNCLOG (2)

STAMP	STOMP	SKUFF	CLICK
L	L	R	L
&	1	&	2

## OUTHOUSE (4)

DS	TCH(ots)	CLICK	TCH(xif)	CLICK	TCH(ots)	CLICK
L	R	L	R	L	R	L
&1	&	2	&	3	&	4

## RUN 4 FWD, DRAG & SKIP 1/4 R (8)

DS(fwd)	DS(fwd)	DS(fwd)	DS(xif)	DRAG	STEP(b)	DRAG	STEP(b)(1/4R)	SLIDE(fwd)	STEP	SLIDE(fwd)	STEP
L	R	L	R	R	L	R	L	R	L	R	L