



Doctor's Orders

64 count, 4 wall, Improver Level

Choreographer: Maggie Gallagher (UK) August 2008

Choreographed to: "Doctor's Orders" by Jane McDonald (32 count intro, start on vocals)

Section 1 Right Lock Step, Left Lock Step, Step, Pivot 1/2 Left

- 1 – 2 Step right forward. Lock left behind right
- 3 – 4 Step right forward. Step left forward
- 5 – 6 Lock right behind left. Step forward left
- 7 – 8 Step forward right. Pivot 1/2 turn left (6:00)

Section 2 Side, Together, Step, Hold, Full Turn, Step, Scuff

- 1 – 2 Step right to right side. Step left beside right
- 3 – 4 Step right forward. Hold
- 5 – 6 Make 1/2 turn right and step back onto left. Make 1/2 turn right and step forward on right
- 7 – 8 Step forward left. Make small scuff forward on right
- Option Steps 5 – 7 can be replaced with a left lock forward*

Section 3 Forward Rock, Side Rock, Weave Left, 1/4 Turn Right

- 1 – 2 Rock forward on right. Recover back onto left
- 3 – 4 Rock out to right side on right. Recover on left
- 5 – 6 Cross right behind left. Step left to left side
- 7 – 8 Cross right over left. Make 1/4 turn right stepping back onto left (9:00)

Section 4 Coaster Step, Scuff, Left Lock Step, Touch

- 1 – 2 Step back on right. Step left beside right
- 3 – 4 Step right forward. Scuff left forward
- 5 – 6 Step left forward. Lock right behind left
- 7 – 8 Step left forward. Touch right beside left (9:00)

Section 5 Side Touch x 2, Rolling Vine Right

- 1 – 2 Step right to right side. Touch left beside right
- 3 – 4 Step left to left side. Touch right beside left
- 5 – 6 Step right 1/4 turn right. Make 1/2 turn stepping back onto left
- 7 – 8 Make 1/4 turn right stepping right to right side. Touch left beside right (9:00)
- Option Steps 5 – 8 can be replaced with : Side right, together, side right, touch*

Section 6 Side Touch x 2, Rolling Vine Left

- 1 – 2 Step left to left side. Touch right beside left
- 3 – 4 Step right to right side. Touch left beside right
- 5 – 6 Step left 1/4 turn left. Make 1/2 turn stepping back onto right
- 7 – 8 Make 1/4 turn left stepping left to left side. Touch right beside left (9:00)
- Option Steps 5 – 8 can be replaced with : Side left, together, side left, touch*

Section 7 Weave Right, Toe Strut, Cross Strut

- 1 – 2 Step right to right side. Cross left behind right
- 3 – 4 Step right to right side. Cross left over right
- 5 – 6 Step right toes to right side. Drop heel taking weight
- 7 – 8 Cross left toes over right. Drop left heel taking weight

Section 8 Back, Side, Cross, Hold, Reverse Rolling Vine

- 1 – 2 Step back on right. Step left to left side
- 3 – 4 Cross right over left. Hold
- 5 – 6 Make 1/4 turn right stepping left back. Make 1/2 turn right stepping right forward
- 7 – 8 Make 1/4 turn right stepping left to left side. Touch right beside left (9:00)
- Option Steps 5 – 8 can be replaced with : Side left, together, side left, touch*

Quelle:

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