

THE REMEDY

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** Intermediate level

Choreographer: Kelly Tattersall & Jason Gosling (June 07)

Music: The Remedy by Jason Mraz

SCUFF HITCH STEP, TWIST & TWIST, BACK COASTER, CROSS ROCK RECOVER

- 1&2** Scuff right forward, hitch right knee, step right together
- 3&4** Swivel both heels right, swivel both heel to center, swivel both heels right
- 5&6** Step right back, step left together, step right forward
- 7&8** Cross/rock left over right, recover onto right, step left together

VINE LEFT, CROSS ROCK RECOVER, SCUFF-HITCH & STEP, TWIST & TWIST

- 1&2&** Cross right over left, step left to side, cross right behind left, step left to side
- 3&4** Cross/rock right over left, recover onto left, step right together
- 5&6** Scuff left forward, hitch left knee, step left together
- 7&8** Swivel both heels to left, swivel both heels to center, swivel both heels left

COASTER STEP, TURN ½ STEP, LEFT LOCK, ROCK LEFT-RIGHT

- 1&2** Step left back, step right together, step left forward
- 3&4** Step right forward, turn ½ left (weight to left), step right forward
- 5&6** Step left forward, lock right behind left, step left forward
- 7-8** Step right to side, step left together

RIGHT SAILOR, LEFT SAILOR, ¾ UNWIND, HIP BUMPS

- 1&2** Cross right behind left, step left to side, step right to side
- 3&4** Cross left behind right, step right to side, step left to side
- 5-6** Cross right toe behind left, unwind ¾ right (weight to right)
- 7&8** Step left to side and sway hips left, right, left

CROSS ROCK & HEEL, TOUCH, HEEL, ROCK TURN ½, SCUFF, TURN ¼, STEP

- 1&2** Cross right over left, step left diagonally back, touch right heel diagonally forward
- &3&4** Step right together, touch left toe together, step left diagonally back, touch right heel diagonally forward

&5&6 Step right together, step left forward, step right forward, turn $\frac{1}{2}$ left (weight to left)

7&8 Scuff right forward, turn $\frac{1}{4}$ left, step right together

ROCK FORWARD, RECOVER, RIGHT SAILOR, TURN $\frac{1}{2}$, TURN $\frac{3}{4}$, STEP

1&2 Rock left forward, recover onto right, step left together

3&4 Cross right behind left, step left to side, step right to side

5-6 Step left forward, turn $\frac{1}{2}$ right (weight to right)

7&8 Step left forward, turn $\frac{3}{4}$ right (weight to right), step left to side

STAMP RIGHT, STAMP LEFT, HEEL-TOE-HEEL, ROCK FORWARD, RECOVER, 1 $\frac{1}{2}$

1-2 Stomp right to side, stomp left to side

3&4 Twist right heel in, twist right toe in, twist right heel in (weight to right)

5-6 Rock left forward, recover onto right

7&8 Turn $\frac{1}{2}$ left and step left forward, turn $\frac{1}{2}$ left and step right back, turn $\frac{1}{2}$ left and step left forward

ROCK FORWARD, RECOVER, 1 TURN $\frac{1}{2}$ S, ROCK FORWARD, RECOVER, TOGETHER, TURN $\frac{1}{2}$ UNWIND

1-2 Rock right forward, recover onto left

3&4& Turn $\frac{1}{2}$ right and step right forward, turn $\frac{1}{2}$ right and step left back, turn $\frac{1}{2}$ right and step right forward

5-6 Rock right forward, recover onto left

&7-8 Step right together, cross/touch left toe behind right, unwind $\frac{1}{2}$ left (weight to left) REPEAT

RESTART Restart on wall 2 & 5 after 32 counts Restart on wall 3 after 16 counts EMail