

TECH REMEDY

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Count: — **Wall:** 4 **Level:** advanced

Choreographer: Barry Watson

Music: Everybody Get Up by Five

Sequence: A B A C C B C A B C C C A A

PART A

STEP RIGHT, STEP LEFT, SYNCOPATED ROCK STEP, HAND & TOE POINTS

- 1-2** Step right foot forward. Step left foot forward.
- 3** Rock onto right foot flicking left foot up behind right.
- &4** Step back on left foot. Step forward on right foot.
- 5-6** Step left foot forward pointing arms forward. Touch right foot behind left pointing arms left.
- 7-8** Step right foot forward pointing arms forward. Touch left foot behind right pointing arms right.

HIP BUMPS WITH FIST PUMPS, BODY SHIVER, COASTER STEP, STEP RIGHT, KNEE BENDS, KICK LEFT.

- 9 & 10** Bump hips left, right, left (while pumping fists left, right, left) turning $\frac{1}{4}$ turn left.
- 11-12** Body shiver down for 2 counts.
- 13&14** Step left foot back. Step right foot beside left. Step left foot forward.
- 15&16** Step right foot $\frac{1}{4}$ turn left (feet shoulder width apart). Bend knees outwards. Bend knees inwards.
- &** Turn $\frac{1}{4}$ turn left while kicking left foot forward.
- 17-32&** Repeat counts 1-16& on opposite feet (moves are mirror imaged)

PART B

RIGHT SHUFFLE, SYNCOPATED ROCK STEP, BASKETBALL PIVOTS

- 1&2** Step right foot forward. Step left foot beside right. Step right foot forward.
- 3** Rock onto left foot flicking right foot up behind left.
- &4** Step back on right foot. Step forward on left foot.

- 5&6** Cross rock right foot over left. Rock weight back to left. Rock right foot out to right side
- &7** Rock weight back to left foot. Cross rock right foot over left.
- &8** Rock weight back to left foot. Cross rock right foot over left.

BASKETBALL TURN, JAZZ BOX, SIDE TOUCHES, RIGHT KNEE HITCH, SYNCOPATED ROCK STEP.

- &9** Rock weight back to left foot. Rock right foot out to right side.
- &10** Rock weight back to left foot. Rock right foot across left turning $\frac{1}{2}$ turn left.
- &** Rock weight back to left foot.
- 11&12** Cross right foot over left. Step left foot back. Step right foot beside left.
- 13&14** Touch left toes to left side. Step left foot beside right. Touch right toes to right side.
- &15** Hitch right knee over left leg. Touch right foot to right side.
- 16&** Rock right foot slightly over left foot. Rock weight back to left foot.

STEP RIGHT, LEFT COASTER STEP, SYNCOPATED TURN, STEP RIGHT, $\frac{1}{4}$ PIVOT TURN, TOE SPLITS

- 17** Step back onto right foot.
- 18&19** Step left foot back. Step right foot next to left foot. Step left foot forward.
- 20&** Step right foot $\frac{1}{4}$ turn right. Step left foot beside right taking the weight.
- 21&** Step right foot back into $\frac{1}{4}$ turn left. Step left foot beside right taking the weight.
- 22-23** Step right foot forward. Pivot $\frac{1}{4}$ turn left weight spread evenly over both feet.
- 24** Twist right heel to the right while twisting left toes to the right.

APPLEJACKS, TURNING COASTER STEP, SIDE ROCK, RIGHT CROSS, UNWIND $\frac{3}{4}$, TOUCH RIGHT

- &** Twist right toes to right while twisting left heel to right
- 25** Twist right heel to the right while twisting left toes to the right. (weight on left foot)
- 26&27** Step right foot back into $\frac{1}{4}$ turn right. Step left foot beside right. Step right foot forward.
- 28&29** Rock left foot out to left side. Rock weight back to right foot. Step left foot forward.
- 30-31** Cross right foot over left. Unwind $\frac{3}{4}$ turn left.
- 32** Touch right toes behind left foot pointing to the bottom left diagonal.

PART C

RIGHT CHASSE, LEFT SAILOR STEP, SYNCOPATED SIDE WALK, TURNING LEFT SHUFFLE.

- 1&2** Step right foot to right side. Step left foot beside right. Step right foot to right side.
- 3&4** Step left foot behind right foot. Step right foot to right side. Step left foot to left side.
- 5&6** Step right foot behind left. Step left foot to left side. Cross step right foot over left.
- 7&8** Step left foot into a $\frac{1}{4}$ turn left. Step right foot beside left. Step left foot forward