

# Your Remedy

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**Count:** 16

**Wall:** 4

**Level:** Intermediate / Advanced

**Choreographer:** David Ackerman - Jan. 2016

**Music:** Remedy by Adele

**Count in: 8 counts from beginning of track. Start on lyrics**

**(1-4) Step sweeps X3, Cross, ¼ turn, Together**

- 1 Step L forward and sweep R from back to front
- 2 Step R forward and sweep L from back to front
- 3 Step L forward and sweep R from back to front

**4&aCross R over left foot (4), Make a ¼ turn right stepping L back (&)(3:00), Step R next to L(a)**

**\*\*Restart on wall 11 here. You will be facing 9:00.**

**(5-8) ½ turn Left, Run Back RLR, ½ turn Right w/ Develope, Step**

- 1 Step L forward as you make a ½ turn left bringing right foot in and touching top of right foot to calf of left leg (9:00).

**2&aStep R back (2), Step L back(&), Step R back (a)**

- 3 Step L back. Pull R leg back using the momentum to turn ½ to the right. As you turn bring the right knee up and then point the toe forward so the leg is a straight line from hip to toe pointing forward (3:00). This should all be done in a flowing motion.
- 4 Step R forward

**\*\*Restart on wall 5. You will be facing 3:00.**

**(9-12) Rock, ½ turn triple, Rock, ½ turn triple**

- 1 Rock L forward,

**2&aStep R back making a 1/8 of a turn left (2)(1:30), Step R to the side making a ¼ turn left (&)(10:30), Step R forward making a 1/8 turn left (a)(9:00)**

- 3 Rock L forward

**4&aStep R back making a 1/8 of a turn left (2)(7:30), Step R to the side making a 1/4 turn left (&)(4:30), Step R forward making a 1/8 turn left (a)(3:00)**

**\*\*Restart on wall 7. You will be facing 3:00.**

**(13-16) Rock, Recover, 1/2 turn, Hook**

- 1 Rock L forward
- 2 Recover weight to R as you prep the body by bringing right shoulder back
- 3 Make a 1/2 turn left as you bring the top of the R foot to touch the calf of the left leg(9:00).
- 4 Step R back as you hook the left leg to cross the right.

**Restarts (3):-**

**Wall 5: Restart after 8 counts. You will be facing 3:00 when you start again**

**Wall 7: Restart after 12 counts. You will be facing 3:00 when you start again**

**Wall 11: Restart after 4 counts. You will be facing 9:00 when you start again**

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