

Remedy

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Pagnoni Valentina - Sept 2016

Music: Remedy - Zac Brown Band

Intro 16 count - 2 Tag

Tag 1: at the end of 1st wall

Tag 2: at the end of 4th wall

Repeat Intro at the end of 6th wall

INTRO:-

SECT i1: CROSS ROCK - SHUFFLE RIGHT - ROCK BACK - 1/4 TURN - SHUFFLE FORWARD

1 2cross/rock right over left - recover to left

3& 4shuffle side right -left-right

5 6cross/rock left behind right - ¼ turn left - recover right

7&8shuffle forward left-right-left

SECT i2: ROCK FORWARD - COASTER STEP - KICK - HOOK - KICK - COASTER STEP

1 2rock right forward - recover left

3&4step right backward - step left next to right - step right forward

5&6left kick forward - hook left over right shin - left kick forward

7&8step left backward - step right next to left - step left forward

DANCE:-

SECT 1: MODIFIED RUMBA BOX X 2 - COASTER STEP FORWARD - TOUCH BACK - ½ TURN

1&2step right to right side - step left together - step right forward

3&4step left to left side - step right together - step left forward

5&6step right forward - step left together - step right backward

7 8touch left toe back - make $\frac{1}{2}$ turn left transferring weight

SECT 2 : VAUDEVILLE - STEP X 2 - STEP TURN - $\frac{1}{4}$ TURN - $\frac{1}{2}$ TURN

1&2cross right over left -step left diagonally back - touch right heel diagonally forward

&3 4hook right heel over left shin - step right forward - step left forward

5&6step right forward - $\frac{1}{2}$ turn left - step right forward

7 8 $\frac{1}{2}$ turn right - step left backward - $\frac{1}{4}$ turn right

SECT 3: VAUDEVILLE - STEP X 2 - $\frac{1}{4}$ TURN - HIP BUMP

1&2cross left over right - step right diagonally back - touch left heel diagonally forward

&3 4hook left heel over right shin - step left forward - step right forward

5&6rock left forward - recover right making $\frac{1}{4}$ turn right - cross left over right

7 8step right to right side swaying hips right - rock weight onto left swaying hips left

SECT 4: KICK BALL CROSS - SHUFFLE - MAMBO FORWARD

1&2kick right forward - step ball of right next to left - cross left over right

3&4step right to right side -step left next to right - step right to right side

5 6 $\frac{1}{2}$ turn right transferring weight left - $\frac{3}{4}$ turn right transferring weight right

7&8rock left forward - recover on right - left step back

TAG 1: ROCKING CHAIR RIGHT

1 2rock right forward - recover left

3 4rock right backward - recover left

TAG 2: ROCK RIGHT FORWARD

1 2rock right forward - recover left

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