

# Sway To The Remedy

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**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Alison Green (M4 Stompers Line Dance Classes) UK – January 2020

**Music:** Love Remedy - Roachford

## **(1-8) MAMBO ROCK FORWARD & BACK RIGHT - LEFT, RIGHT SHUFFLE FORWARD WALK LEFT RIGHT**

- 1&2** Mambo Rock right foot forward & Back
- 3&4** Mambo Rock Left Foot back & forward
- 5&6** Step right foot forward, close left foot step forward right foot forward
- 7- 8** Walk forward left walk forward right (Optional full turn)

## **(9-16) SWAY LEFT RIGHT, SAILOR ¼ TURN LEFT RIGHT FORWARD MAMBO LEFT COASTER STEP BACK**

- 1 -2** Sway hips left sway hips right
- 3&4** Step left foot behind right turn ¼ turn left step right foot forward step left foot forward (facing 9 o'clock wall)
- 5&6** Mambo rock forward on right foot & replace weight on left mambo rock right foot back
- 7&8** Step left foot back, bring right foot beside left, step forward left

## **(17-24) GRAPEVINE RIGHT GRAPEVINE LEFT**

- 1-2** Step right foot to right side, step left foot behind right
- 3-4** Step right foot to right side, touch toe beside right
- 5-6** Step left foot to left side, step right foot behind left
- 7-8** Step left foot to left side brush right foot forward

## **OPTIONAL STEPS 5-8 CAN BE REPLACE WITH A ROLLING VINE LEFT**

## **(25-32) RIGHT MAMBO FORWARD & BACK LEFT COASTER BACK SWAY RIGHT,LEFT,RIGHT LEFT**

- 1&2** Mambo rock forward on right foot & replace weight on left mambo rock right foot back
- 3&4** Step left foot back, bring right foot beside left, step forward left
- 5-8** Sway hips right, left, right left

**Thank You For Taking A Look At My Dance. This Is The First Dance I Have Written And Music Suggestion Came From One Of My Dancers And Best Friend Julie I Hope You Enjoy The Dance Xx**

**Last Update - 23 Jan. 2020**

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