

One More Remedy

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: David Chamberlain – March 2020

Music: Love Remedy by Roachford

Intro: 32 counts

Section 1: Kick step point, kick step point, sailor half turn, quarter turn flick, shuffle forward.

- 1&2** - Kick right foot, step right slightly forward, point left to left side
- 3&4** - Kick left foot, step left slightly forward, point right to right side
- 5&6** - Cross right behind left, $\frac{1}{4}$ turn over right shoulder (3:00) stepping left next to right, $\frac{1}{4}$ over right shoulder (6:00) stepping right to side side.
- 7, 8&1** - Quarter turn left (3:00) taken the weight on to the left while flick the right foot up behind, Step forward Right, close left beside right, step forward right

Section 2: Step forward , mambo fwd step back , touch back half turn , kick and step quarter turn cross.

- 2** - Step forward onto left foot
- 3&4** - Rock right foot forward recover weight on to left, step right foot back
- 5, 6** - Touch left foot back, half turn over the left shoulder (9:00) taken the weight on to left
- 7&8** - Kick right foot forward, step right slightly forward, cross left foot over the right foot making a quarter turn left (6:00)

Section 3: Side step with hips bumps, Sailor quarter turn, step drag touch quarter turn, step drag touch quarter turn.

- 1& 2** - Bump hips to right side while taking the right to right side, bump hips left, bump hips right.
- 3&4** - Cross the left behind right, quarter turn over left shoulder (3:00) stepping right next to left, step forward left.
- 5,6** - Step forward right making quarter turn over left shoulder (12:00),drag left to right and touch.
- 7,8** - Step forward left making quarter turn over left shoulder (9:00),drag right to left and touch.

Section 4: Walk forward, walk forward, anchor step, walk back sweep, walk back sweep, sailor step.

- 1,2** - Walk forward right, walk forward left.
- 3,4** - Lock Right behind left. Step weight onto left. Step slightly back on Right.
- 5,6** - Step back left sweep right out, step back right sweep left out
- 7&8** Step left behind right, step right out to right side, step left to left side,

End of dance