

ANTIDOTE

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Paula Frohn -Butterly

Music: Keep On Rockin' by Confederate Railroad

ROCK FORWARD, REPLACE, ROCK BACK, REPLACE, STEP-PIVOT ½ LEFT TWICE

- 1 Rock forward onto right foot
- 2 Replace weight back onto left foot
- 3 Rock back onto right foot
- 4 Replace weight back onto left foot
- 5 Step right foot forward
- 6 Pivot ½ turn left, transferring weight to left foot
- 7 Step right foot forward
- 8 Pivot ½ turn left, transferring weight to left foot

STOMP FORWARD, FAN, STOMP FORWARD, FAN, REPEAT

- 9 Stomp right foot forward with toes pointed left
- 10 Fan toes to right
- 11 Stomp left foot forward with toes pointed right
- 12 Fans toes left
- 13-16 Repeat steps 9-12

CROSS ROCK, REPLACE, TRIPLE RIGHT, CROSS ROCK, REPLACE, TRIPLE ¼ TURN LEFT

- 17 Rock forward onto right foot, crossing in front of left foot
- 18 Replace weight back onto left foot
- 19 Step right foot to right side
- &20 Step left foot next to right foot; step right foot to right side
- 21 Rock forward onto left foot, crossing front of right foot
- 22 Replace weight onto right foot
- 23 Step left foot to left side
- & Step right foot next to left foot

24 Step left foot forward into a ¼ turn left

SYNCOPATE APART, HOLD, ELVIS KNEES

&25 Step right foot to right side; step left foot to left side. Feet end slightly apart!

26 Hold with weight on left foot

27 Raise right heel, crossing right knee in front of left leg

28 Hold

29 Lower right heel and raise left heel, crossing left knee in front of right leg

30 Hold

31 Lower left heel and raise right heel, crossing right knee in front of left leg

32 Lower right heel and raise left heel, crossing left knee in front of right leg

& Lower left heel, ending weight on left foot

REPEAT