

Antidote

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Paula Frohn-Butterly (USA)

Musik: Keep On Rockin' - 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