

# Remedy

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Marianne van der Toorn Vrijthoff (NL) - February 2021

**Music:** Remedy - Machel Montano



## Intro: 16 Counts

### Sec 1: Vine, Together, Jump fwd, Hold, Jump Back, Touch, Hold

1-2-3-4 RF. Step to R side - LF. Cross behind RF - RF. Step to R side - LF. Step together  
&5-6 RF. Jump forward - LF. Step together - Hold  
&7-8 RF. Jump back - LF. Touch toe beside RF - Hold

### Sec 2: Vine with 1/4 Turn L, Touch, Step fwd, 1/4 Turn L, Step fwd, 1/4 Turn L

1-2-3-4 LF. Step to L side - RF. Cross behind LF - LF. 1/4 Turn L step forward - RF. Touch toe beside LF (9:00)  
5-6-7-8 RF. Step forward - 1/4 Turn L - RF. Step forward - 1/4 Turn L (3:00)

### Sec 3: Jazz Box, Jazz Box Cross

1-2-3-4 RF. Cross over LF - LF. Step back - RF. Step to R side - LF. Step forward  
5-6-7-8 RF. Cross over LF - LF. Step back - RF. Step to R side - LF. Cross over RF

### Sec 4: Step Diagonal fwd, Touch, Step diagonal Back, Touch, Skate fwd with R-L-R-L

1-2-3-4 RF. Step diagonal R forward - LF. Touch toe beside RF - LF. Step diagonal L back - RF. Touch toe beside LF  
5-6-7-8 Skate forward with R-L-R-L

## Start Again

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