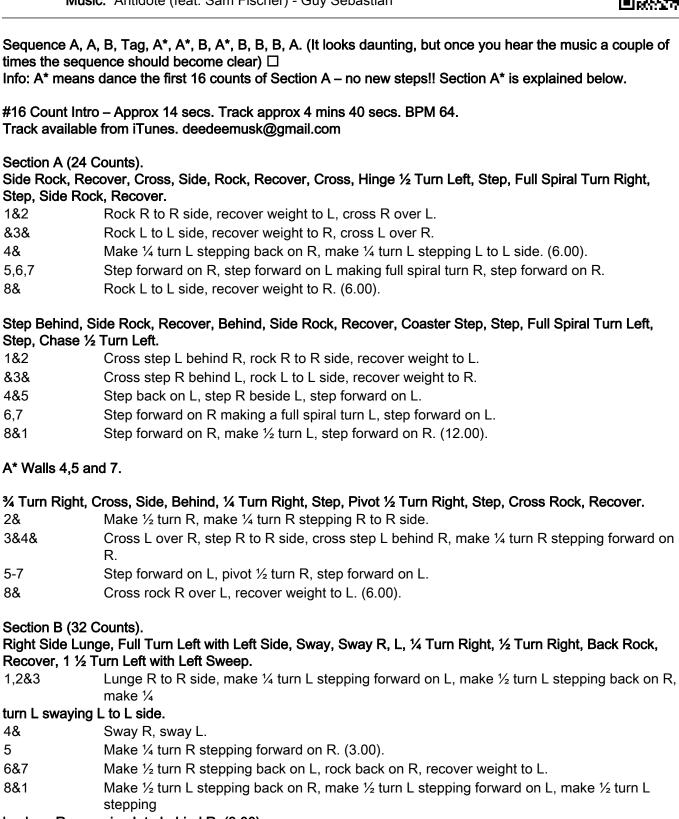
My	Antidote
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**Count: 56** 

Level: Phrased Advanced

Choreographer: Dee Musk (UK) - September 2024

Music: Antidote (feat. Sam Fischer) - Guy Sebastian



back on R sweeping L to behind R. (3.00).

Behind, Side, Diagonal Cross Rock, Recover, Side, Diagonal Cross Rock, Recover, Side, Step, Mambo 1/2 Turn Right.

2& Cross step L behind R, step R to R.





1

Wall: 2

- 3,4& Facing 4.30 cross rock L over R, recover weight to R, step L to L side.
- 5,6& Facing 1.30 cross rock R over L, recover weight to L, step R to R side.
- 7 Step forward on L.
- 8&1 Rock forward on R, recover weight to L, make ½ turn R stepping forward on R. (9.00).

#### Section B continued...

## <sup>3</sup>⁄<sub>4</sub> Turn Right with R, Lunge, <sup>3</sup>⁄<sub>4</sub> Triple Turn Left with Sweep, Cross, Side, Behind, Sweep, Sailor Step with Drag.

- 2&3 Make <sup>1</sup>/<sub>2</sub> turn R stepping back on L, make <sup>1</sup>/<sub>4</sub> turn L stepping R to R side, lunge R to R side.
- 4&5 Make <sup>3</sup>/<sub>4</sub> triple turn L stepping L, R, L sweeping R in front of L. (9.00).
- 6&7 Cross R over L, step L to L side, step R behind L sweeping L to behind R.
- 8&1 Cross L behind R, step R to R side, step L in place dragging R to beside L. (9.00)

### Back Rock, Recover, ¼ Turn Right, Chase ½ Turn Right, Step Full Spiral Turn Left, Step, Cross Rock, Recover.

2&3	Cross rock R behind L, recover weight to L, make 1/4 turn R stepping forward on R (12.00).
4&5	Step forward on L, make ½ turn R, step forward on L.
6,7	Step forward on R making a full spiral turn L, step forward on L.
00	Cross rock P over L, recover weight to L (6.00)

8& Cross rock R over L, recover weight to L. (6.00)

#### Tag (8 Counts).

Side Rock, Recover, Cross, Side, Rock, Recover, Cross, Rumba Box Back, Rumba Box Forward, Cross Rock, Recover.

- 1&2 Rock R to R side, recover weight to L, cross R over L.
- &3& Rock L to L side, recover weight to R, cross L over R.
- 4&5 Step R to R side, step L beside R, step back on R.
- 6&7 Step L to L side, step R beside L, step forward on L.
- 8& Cross rock R over L, recover weight to L.

#### Section A\* (16 Counts) walls 4,5 and 7.

# Side Rock, Recover, Cross, Side, Rock, Recover, Cross, Hinge ½ Turn Left, Step, Full Spiral Turn Right, Step, Side Rock, Recover.

- 1&2 Rock R to R side, recover weight to L, cross R over L.
- &3& Rock L to L side, recover weight to R, cross L over R.
- 4& Make <sup>1</sup>/<sub>4</sub> turn L stepping back on R, make <sup>1</sup>/<sub>4</sub> turn L stepping L to L side. (6.00).
- 5,6,7 Step forward on R, step forward on L making full turn R, step forward on R.
- 8& Rock L to L side, recover weight to R.

### Step Behind, Side Rock, Recover, Behind, Side Rock, Recover, Coaster Step, Step, Full Spiral Turn Left, Step, Step ½ Pivot Left.

- 1&2 Cross step L behind R, rock R to R side, recover weight to L.
- &3& Cross step R behind L, rock L to L side, recover weight to R.
- 4&5 Step back on L, step R beside L, step forward on L.
- 6,7 Step forward on R making a full spiral turn L, step forward on L.
- 8& Step forward on R, make ½ turn L.
- \* Finishes facing 12.00 Enjoy and Relax!