

# Antidote

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Nathan Gardiner (SCO) - November 2024

Music: Disease - Lady Gaga



**Intro: 32 counts start on the word "There"**

**Step Forward R, ¼ R, Sailor ¼ R, Step Forward L, ½ L, Shuffle ½ L**

- 1-2 Step forward on R, ¼ R stepping L to R side
- 3&4 Step R behind L, ¼ R stepping L next to R, Step forward on R
- 5-6 Step forward on L, ½ L stepping back on R
- 7&8 ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L (Sweep R from back to front)

**Cross, Step Back, Ball Cross, Knee Pop, Toe & Heel & Touch Forward, Twist Heel**

- 1-2 Cross R over L, Step back on L
- &3&4 Step R to R side, Cross L over R, Pop both knees forward lifting heels up, Recover dropping down heels (weight ends on L)
- 5&6& Touch R toe to R side, Step R next to L, Touch L heel forward, Step L next to R
- 7&8 Touch R toe forward, Twist R heel to R side, Twist R heel back to centre (Styling Option on the heel twist bump right hip up then down) (weight ends on L)

**Side Rock, Recover, Cross, Side L, R Lock Step Back, Rock Back, Recover, L Lock Step Forward**

- 1&2 Rock out to R side, Recover on L, Cross R over L
  - &3&4 Step L to L side, Step back on R, Lock L in front of R, Step back on R
- (Option counts 3&4: Pony Step backwards)**
- 5-6 Rock back on L, Recover on R
  - 7&8 Step forward on L, Lock R behind L, Step forward on L

**Walk Forward R & L, Step Pivot ¼ L, Cross, ¼ R, ½ R, Step Pivot ½ R Step**

- 1-2 Step forward on R, Step forward on L
- 3&4 Step forward on R, Pivot ¼ L, Cross R over L
- 5-6 ¼ R stepping back on L, ½ R stepping forward on R
- 7&8 Step forward on L, Pivot ½ R, Step forward on L (Tag and Restart on wall 5 see below)

**Rock Forward, Recover, Coaster Cross, Rock Forward, Recover, Coaster Step**

- 1-2 Rock forward on R diagonal, Recover on L
- 3&4 Step back on R, Step L to L side, Cross R over L
- 5-6 Rock forward on L diagonal, Recover on R
- 7&8 Step back on L, Step R next to L, Step forward on L

**Dorothy Step R & L, Step Pivot ½ L, Paddle ¼ L, Paddle ¼ L**

- 1-2& Step R to R diagonal, Lock L behind R, Step slightly forward on R
- 3-4& Step L to L diagonal, Lock R behind L, Step slightly forward on L
- 5-6 Step forward on R, Pivot ½ L
- 7-8 Paddle ¼ L pointing R to R side, Paddle ¼ L pointing R to R side (Restart Point on wall 2)

**Side R, Cross, Step Back, Chasse L, Cross, Step Back, Chasse R**

- 1 Step R to R side
- 2-3 Cross L over R, Step back on R
- 4&5 Step L to L side, Step R next to L, Step L to L side
- 6-7 Cross R over L, Step back on L
- 8& Step R to R side, Step L next to R

**Side Rock, Recover, Together, Side Rock, Recover, Sailor Step, Twist Heel, Twist Toe, Hitch**

- 1-2&            Rock out to R side, Recover on L, Step R next to L  
3-4             Rock out to L side, Recover on L  
5&6            Step L behind R, Step R to R side, Step L to L side  
7&8            Twist R heel to L side, Twist R toe to L side, Hitch R knee slightly

**Restart: On wall 2 dance 48 counts and then restart the dance**

**Tag then Restart on wall 5 dance 32 counts dance the following tag and then restart the dance from the beginning**

**Out, Out, In, In**

- 1-2             Step R to R side, Step L to L side  
3-4             Step R back to centre, Step L next to R

**Contact: [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)**

---