

Antidote

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Robbie McGowan Hickie (UK) - June 2009

Music: Remedy - Little Boots : (CD: Hands)



16 Count intro – NOT Phrased

Alternative: "Part Of Me – Radio Edit" by Chris Cornell (116 bpm... 16 Count intro)

Cross Rock. Chasse 1/4 Turn Left. Step. Pivot 1/2 Turn Left. Step. Pivot 1/4 Turn Left.

- 1 – 2 Cross rock Left over Right. Rock back on Right.
- 3&4 Step Left to Left side. Step Right beside Left. Make 1/4 turn Left stepping forward on Left.
- 5 – 6 Step forward on Right. Pivot 1/2 turn Left.
- 7 – 8 Step forward on Right. Pivot 1/4 turn Left. (Facing 12 o'clock)

Cross Rock. Right Sailor Cross 1/4 Turn Right. Side Rock with Hitch. Left Shuffle Forward.

- 1 – 2 Cross rock Right over Left. Rock back on Left.
- 3&4 Sweep/Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Cross Right over Left.
- 5 – 6 Rock Left to Left side. Recover on Right hitching Left knee up.
- 7&8 Left shuffle forward stepping Left. Right. Left. (Facing 3 o'clock)

Full Turn Left. Right Mambo Forward. Touch Back. Reverse Pivot 1/2 Turn Left. Right Cross Samba.

- 1 – 2 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
- 3&4 Rock forward on Right. Rock back on Left. Step back on Right.
- 5 – 6 Touch Left toe back. Reverse pivot 1/2 turn Left. (Weight on Left) (Facing 9 o'clock)
- 7&8 Cross step Right over Left. Step Left beside Right. Step Right Diagonally Forward Right.

Cross Rock. Left Shuffle Diagonally Back. Back Rock. Full Turn Left.

- 1 – 2 Cross rock Left over Right. Rock back on Right.
- 3&4 Step Left Diagonally back Left. Close Right beside Left. Step Left Diagonally back Left.
- 5 – 6 Rock back on Right. Rock forward on Left.
- 7&8 Make 1/4 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
- 8 Make 1/4 turn Left stepping Right to Right side. (Facing 9 o'clock)

Easier Option: Counts 7&8 above ... Chasse Right.

Back Rock. Left Side Step. Drag Together. Left Shuffle Forward. Forward Rock.

- 1 – 2 Rock back Left behind Right. Rock forward on Right.
- 3 – 4 Long step Left to Left side – pushing Hips Left. Slide/Drag Right beside Left. (Weight on Right)
- 5&6 Left shuffle forward stepping Left. Right. Left.
- 7 – 8 Rock forward on Right. Rock back on Left.

Right Shuffle 1/2 Turn Right. 2 x 1/2 Turns Right. Forward Rock. Left Shuffle Back.

- 1&2 Right shuffle making 1/2 turn Right stepping Right. Left. Right.
- 3 – 4 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.
- 5 – 6 Rock forward on Left. Rock back on Right.
- 7&8 Left shuffle back stepping Left. Right. Left. (Facing 3 o'clock)

2 x 1/2 Turns Right. Dip Down/Up). Right Kick-Ball-Side. Cross Rock.

- 1 – 2 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
- 3 – 4 (Weight on Both feet)...Dip Down. Stand Up. (Weight ends on Left)
- 5&6 Kick Right forward. Step ball of Right beside Left. Step Left to Left side.

7 – 8 Cross rock Right over Left. Rock back on Left. (Facing 3 o'clock)

Side Step. Together. Chasse 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Step. Pivot 1/4 Turn Right.

1 – 2 Step Right to Right side. Close Left beside Right.

3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.

5 – 6 Step forward on Left. Pivot 1/2 turn Right.

7 – 8 Step forward on Left. Pivot 1/4 turn Right. (Facing 3 o'clock)

Start Again
