

Remedy

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Pagnoni Valentina - September 2016

Musique: Remedy - Zac Brown Band



Intro 16 count - 2 Tag

Tag 1: at the end of 1st wall

Tag 2: at the end of 4th wall

Repeat Intro at the end of 6th wall

INTRO:-

SECT i1: CROSS ROCK – SHUFFLE RIGHT – ROCK BACK - 1/4 TURN – SHUFFLE FORWARD

1 2 cross/rock right over left – recover to left
3&4 shuffle side right –left-right
5 6 cross/rock left behind right – ¼ turn left – recover right
7&8 shuffle forward left-right-left

SECT i2: ROCK FORWARD – COASTER STEP – KICK – HOOK – KICK – COASTER STEP

1 2 rock right forward – recover left
3&4 step right backward – step left next to right – step right forward
5&6 left kick forward – hook left over right shin – left kick forward
7&8 step left backward – step right next to left – step left forward

DANCE:-

SECT 1: MODIFIED RUMBA BOX X 2 – COASTER STEP FORWARD – TOUCH BACK – ½ TURN

1&2 step right to right side – step left together – step right forward
3&4 step left to left side – step right together – step left forward
5&6 step right forward – step left together – step right backward
7 8 touch left toe back – make ½ turn left transferring weight

SECT 2 : VAUDEVILLE – STEP X 2 – STEP TURN – ¼ TURN – ½ TURN

1&2 cross right over left –step left diagonally back – touch right heel diagonally forward
&3 4 hook right heel over left shin – step right forward – step left forward
5&6 step right forward – ½ turn left – step right forward
7 8 ½ turn right – step left backward – ¼ turn right

SECT 3: VAUDEVILLE – STEP X 2 – ¼ TURN – HIP BUMP

1&2 cross left over right – step right diagonally back – touch left heel diagonally forward
&3 4 hook left heel over right shin – step left forward – step right forward
5&6 rock left forward – recover right making ¼ turn right – cross left over right
7 8 step right to right side swaying hips right – rock weight onto left swaying hips left

SECT 4: KICK BALL CROSS – SHUFFLE – MAMBO FORWARD

1&2 kick right forward – step ball of right next to left – cross left over right
3&4 step right to right side –step left next to right – step right to right side
5 6 ½ turn right transferring weight left – ¾ turn right transferring weight right
7&8 rock left forward – recover on right – left step back

TAG 1: ROCKING CHAIR RIGHT

1 2 rock right forward – recover left
3 4 rock right backward – recover left

TAG 2: ROCK RIGHT FORWARD

1 2 rock right forward – recover left

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