

# Sway To The Remedy

**COPPER KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Alison Green (UK) - January 2020

**Musique:** Love Remedy - Roachford



## **(1-8) MAMBO ROCK FORWARD & BACK RIGHT - LEFT, RIGHT SHUFFLE FORWARD WALK LEFT RIGHT**

- 1&2 Mambo Rock right foot forward & Back
- 3&4 Mambo Rock Left Foot back & forward
- 5&6 Step right foot forward, close left foot step forward right foot forward
- 7- 8 Walk forward left walk forward right (Optional full turn)

## **(9-16) SWAY LEFT RIGHT, SAILOR ¼ TURN LEFT RIGHT FORWARD MAMBO LEFT COASTER STEP BACK**

- 1 -2 Sway hips left sway hips right
- 3&4 Step left foot behind right turn ¼ turn left step right foot forward step left foot forward (facing 9 o'clock wall)
- 5&6 Mambo rock forward on right foot & replace weight on left mambo rock right foot back
- 7&8 Step left foot back, bring right foot beside left, step forward left

## **(17-24) GRAPEVINE RIGHT GRAPEVINE LEFT**

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side, touch toe beside right
- 5-6 Step left foot to left side, step right foot behind left
- 7-8 Step left foot to left side brush right foot forward

## **OPTIONAL STEPS 5-8 CAN BE REPLACE WITH A ROLLING VINE LEFT**

## **(25-32) RIGHT MAMBO FORWARD & BACK LEFT COASTER BACK SWAY RIGHT, LEFT, RIGHT LEFT**

- 1&2 Mambo rock forward on right foot & replace weight on left mambo rock right foot back
- 3&4 Step left foot back, bring right foot beside left, step forward left
- 5-8 Sway hips right, left, right left

**Thank You For Taking A Look At My Dance. This Is The First Dance I Have Written And Music Suggestion Came From One Of My Dancers And Best Friend Julie I Hope You Enjoy The Dance Xx**  
**Last Update - 23 Jan. 2020**