

# My Antidote

Compte: 56

Mur: 2

Niveau: Phrased Advanced



Chorégraphe: Dee Musk (UK) - September 2024

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

Sequence A, A, B, Tag, A\*, A\*, B, A\*, B, B, B, A. (It looks daunting, but once you hear the music a couple of times the sequence should become clear) □

Info: A\* means dance the first 16 counts of Section A – no new steps!! Section A\* is explained below.

#16 Count Intro – Approx 14 secs. Track approx 4 mins 40 secs. BPM 64.

Track available from iTunes. [deedemusk@gmail.com](mailto:deedemusk@gmail.com)

## Section A (24 Counts).

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 ¼ turn L stepping back on R, make ¼ turn L stepping L to L side. (6.00).
- 5,6,7 Step forward on R, step forward on L making full spiral turn R, step forward on R.
- 8& Rock L to L side, recover weight to R. (6.00).

Step Behind, Side Rock, Recover, Behind, Side Rock, Recover, Coaster Step, Step, Full Spiral Turn Left, Step, Chase ½ Turn 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&1 Step forward on R, make ½ turn L, step forward on R. (12.00).

## A\* Walls 4,5 and 7.

¾ Turn Right, Cross, Side, Behind, ¼ Turn Right, Step, Pivot ½ Turn Right, Step, Cross Rock, Recover.

- 2& Make ½ turn R, make ¼ turn R stepping R to R side.
- 3&4& Cross L over R, step R to R side, cross step L behind R, make ¼ turn R stepping forward on R.
- 5-7 Step forward on L, pivot ½ turn R, step forward on L.
- 8& Cross rock R over L, recover weight to L. (6.00).

## Section B (32 Counts).

Right Side Lunge, Full Turn Left with Left Side, Sway, Sway R, L, ¼ Turn Right, ½ Turn Right, Back Rock, Recover, 1 ½ Turn Left with Left Sweep.

- 1,2&3 Lunge R to R side, make ¼ turn L stepping forward on L, make ½ turn L stepping back on R, make ¼
- turn L swaying L to L side.
- 4& Sway R, sway L.
- 5 Make ¼ turn R stepping forward on R. (3.00).
- 6&7 Make ½ turn R stepping back on L, rock back on R, recover weight to L.
- 8&1 Make ½ turn L stepping back on R, make ½ turn L stepping forward on L, make ½ turn L stepping

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

Behind, Side, Diagonal Cross Rock, Recover, Side, Diagonal Cross Rock, Recover, Side, Step, Mambo ½ Turn Right.

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

- 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...**

**¾ Turn Right with R, Lunge, ¾ Triple Turn Left with Sweep, Cross, Side, Behind, Sweep, Sailor Step with Drag.**

- 2&3 Make ½ turn R stepping back on L, make ¼ turn L stepping R to R side, lunge R to R side.  
 4&5 Make ¾ 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 ¼ 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.  
 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 ¼ turn L stepping back on R, make ¼ 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! □**

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