Remedy

拍数: 32　　　**墙数:** 4　　　**级数:** Intermediate

编舞者: Ira Weisburd (USA) - September 2024

音乐: Remedy - Marion Drexler : (Album: Labours of Love)

Introduction: 16 counts. Start on vocal at 10 seconds.
One Easy 4 Count Tag* (9:00)

PART I. (SIDE, RECOVER, BACK, RECOVER, 1/4 R, 1/4 R, BACK, RECOVER; 1/4 L, SWEEP, BACK, SIDE, JAZZ BOX)

1&2&	Step R to R, Recover L to L, Rock back on R, Recover forward onto L
3&4&	Step R to R making 1/4 R Turn (3:00), Step L forward making 1/4 R Turn (6:00), Rock back w/R, Recover forward w/L
5&6&	Step R forward making 1/4 L Turn (3:00), Sweep L from front to back, Step L back, Step R to R
7&8&	Step L across R, Step R back, Step L to L, Step R across L

PART II. (SIDE, SWEEP, BACK, SIDE, JAZZ 1/4 R TURN; MONTEREY 1/4 R TURN, JAZZ BOX)

1&2&	Step L to L, Sweep R from front to back, Step R back, Step L to L
3&4&	Step L across R, Step R back making 1/4 R Turn (6:00), Step R to R, Step L across R
5&6&	Touch R to R, Step R forward making 1/4 R Turn (9:00), Touch L to L, Step L beside R
7&8&	Step R across L, Step L back, Step R to R, Step L across R

PART III. (R NIGHTCLUB STEP, L NIGHTCLUB STEP; HEEL, STEP, HEEL, STEP, STEP, LOCK, STEP, BRUSH)

1-2&	Step R to R, Rock back onto L, Recover forward onto R
3-4&	Step L to L, Rock back onto R, Recover forward onto L
5&6&	Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R
7&8&	Step R forward, Step L behind R, Step R forward, Brush L forward

PART IV. (L ROCKING CHAIR, PIVOT 1/2 TURN R, FORWARD, LOCK; FORWARD, FORWARD, LOCK, FORWARD, CHASE 1/2 R)

1&2&	Step L forward, Recover back onto R, Step L back, Recover forward onto R
3&4&	Step L forward, Pivot 1/2 R onto R (3:00), Step L forward, Lock R behind L
5&6&	Step L forward, Step R forward, Step L behind R, Step R forward
7&8&	Step L forward, Pivot 1/2 R onto R, Step L forward, Lift or Flick R heel up

REPEAT DANCE.

TAG. (R JAZZ BOX: 1-4 Step R across L, Step L back, Step R to R, Step L across R)
On the 5th Wall (12:00) after count 6& in PART III. (after the Heel Step, Heel, Step at 9:00) , do TAG & RESTART.

Last Update - 3 Sept. 2024 - R1