

# Remedy

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Pagnoni Valentina - September 2016  
音樂: 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

Contact: [valepagnoni@hotmail.it](mailto:valepagnoni@hotmail.it)

---