

# Sway To The Remedy

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Alison Green (UK) - January 2020  
音樂: 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