

Antidote

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - November 2024
音樂: Disease - Lady Gaga



Intro: 32 counts start on the word "There"

Step Forward R, ¼ R, Sailor ¼ R, Step Forward L, ½ L, Shuffle ½ L

1-2 Step forward on R, ¼ R stepping L to R side
3&4 Step R behind L, ¼ R stepping L next to R, Step forward on R
5-6 Step forward on L, ½ L stepping back on R
7&8 ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L (Sweep R from back to front)

Cross, Step Back, Ball Cross, Knee Pop, Toe & Heel & Touch Forward, Twist Heel

1-2 Cross R over L, Step back on L
&3&4 Step R to R side, Cross L over R, Pop both knees forward lifting heels up, Recover dropping down heels (weight ends on L)
5&6& Touch R toe to R side, Step R next to L, Touch L heel forward, Step L next to R
7&8 Touch R toe forward, Twist R heel to R side, Twist R heel back to centre (Styling Option on the heel twist bump right hip up then down) (weight ends on L)

Side Rock, Recover, Cross, Side L, R Lock Step Back, Rock Back, Recover, L Lock Step Forward

1&2 Rock out to R side, Recover on L, Cross R over L
&3&4 Step L to L side, Step back on R, Lock L in front of R, Step back on R
(Option counts 3&4: Pony Step backwards)
5-6 Rock back on L, Recover on R
7&8 Step forward on L, Lock R behind L, Step forward on L

Walk Forward R & L, Step Pivot ¼ L, Cross, ¼ R, ½ R, Step Pivot ½ R Step

1-2 Step forward on R, Step forward on L
3&4 Step forward on R, Pivot ¼ L, Cross R over L
5-6 ¼ R stepping back on L, ½ R stepping forward on R
7&8 Step forward on L, Pivot ½ R, Step forward on L (Tag and Restart on wall 5 see below)

Rock Forward, Recover, Coaster Cross, Rock Forward, Recover, Coaster Step

1-2 Rock forward on R diagonal, Recover on L
3&4 Step back on R, Step L to L side, Cross R over L
5-6 Rock forward on L diagonal, Recover on R
7&8 Step back on L, Step R next to L, Step forward on L

Dorothy Step R & L, Step Pivot ½ L, Paddle ¼ L, Paddle ¼ L

1-2& Step R to R diagonal, Lock L behind R, Step slightly forward on R
3-4& Step L to L diagonal, Lock R behind L, Step slightly forward on L
5-6 Step forward on R, Pivot ½ L
7-8 Paddle ¼ L pointing R to R side, Paddle ¼ L pointing R to R side (Restart Point on wall 2)

Side R, Cross, Step Back, Chasse L, Cross, Step Back, Chasse R

1 Step R to R side
2-3 Cross L over R, Step back on R
4&5 Step L to L side, Step R next to L, Step L to L side
6-7 Cross R over L, Step back on L
8& Step R to R side, Step L next to R

Side Rock, Recover, Together, Side Rock, Recover, Sailor Step, Twist Heel, Twist Toe, Hitch

- 1-2& Rock out to R side, Recover on L, Step R next to L
3-4 Rock out to L side, Recover on L
5&6 Step L behind R, Step R to R side, Step L to L side
7&8 Twist R heel to L side, Twist R toe to L side, Hitch R knee slightly

Restart: On wall 2 dance 48 counts and then restart the dance

Tag then Restart on wall 5 dance 32 counts dance the following tag and then restart the dance from the beginning

Out, Out, In, In

- 1-2 Step R to R side, Step L to L side
3-4 Step R back to centre, Step L next to R

Contact: nathan.gardiner1998@hotmail.co.uk
