

# Tech Remedy

拍數: 0      牆數: 4      級數: Advanced  
編舞者: Barry Watson (UK)  
音樂: Everybody Get Up - Five



Sequence: A B A C C B C A B C C C A A

## PART A

### STEP RIGHT, STEP LEFT, SYNCOPATED ROCK STEP, HAND & TOE POINTS

- 1-2      Step right foot forward. Step left foot forward.
- 3      Rock onto right foot flicking left foot up behind right.
- &4      Step back on left foot. Step forward on right foot.
- 5-6      Step left foot forward pointing arms forward. Touch right foot behind left pointing arms left.
- 7-8      Step right foot forward pointing arms forward. Touch left foot behind right pointing arms right.

### HIP BUMPS WITH FIST PUMPS, BODY SHIVER, COASTER STEP, STEP RIGHT, KNEE BENDS, KICK LEFT.

- 9 & 10      Bump hips left, right, left (while pumping fists left, right, left) turning ¼ turn left.
- 11-12      Body shiver down for 2 counts.
- 13&14      Step left foot back. Step right foot beside left. Step left foot forward.
- 15&16      Step right foot ¼ turn left (feet shoulder width apart). Bend knees outwards. Bend knees inwards.
- &      Turn ¼ turn left while kicking left foot forward.

17-32&      Repeat counts 1-16& on opposite feet (moves are mirror imaged)

## PART B

### RIGHT SHUFFLE, SYNCOPATED ROCK STEP, BASKETBALL PIVOTS

- 1&2      Step right foot forward. Step left foot beside right. Step right foot forward.
- 3      Rock onto left foot flicking right foot up behind left.
- &4      Step back on right foot. Step forward on left foot.
- 5&6      Cross rock right foot over left. Rock weight back to left. Rock right foot out to right side
- &7      Rock weight back to left foot. Cross rock right foot over left.
- &8      Rock weight back to left foot. Cross rock right foot over left.

### BASKETBALL TURN, JAZZ BOX, SIDE TOUCHES, RIGHT KNEE HITCH, SYNCOPATED ROCK STEP.

- &9      Rock weight back to left foot. Rock right foot out to right side.
- &10      Rock weight back to left foot. Rock right foot across left turning ½ turn left.
- &      Rock weight back to left foot.
- 11&12      Cross right foot over left. Step left foot back. Step right foot beside left.
- 13&14      Touch left toes to left side. Step left foot beside right. Touch right toes to right side.
- &15      Hitch right knee over left leg. Touch right foot to right side.
- 16&      Rock right foot slightly over left foot. Rock weight back to left foot.

### STEP RIGHT, LEFT COASTER STEP, SYNCOPATED TURN, STEP RIGHT, ¼ PIVOT TURN, TOE SPLITS

- 17      Step back onto right foot.
- 18&19      Step left foot back. Step right foot next to left foot. Step left foot forward.
- 20&      Step right foot ¼ turn right. Step left foot beside right taking the weight.
- 21&      Step right foot back into ¼ turn left. Step left foot beside right taking the weight.
- 22-23      Step right foot forward. Pivot ¼ turn left weight spread evenly over both feet.
- 24      Twist right heel to the right while twisting left toes to the right.

**APPLEJACKS, TURNING COASTER STEP, SIDE ROCK, RIGHT CROSS, UNWIND  $\frac{3}{4}$ , TOUCH RIGHT**  
& Twist right toes to right while twisting left heel to right  
25 Twist right heel to the right while twisting left toes to the right. (weight on left foot)  
26&27 Step right foot back into  $\frac{1}{4}$  turn right. Step left foot beside right. Step right foot forward.  
28&29 Rock left foot out to left side. Rock weight back to right foot. Step left foot forward.  
30-31 Cross right foot over left. Unwind  $\frac{3}{4}$  turn left.  
32 Touch right toes behind left foot pointing to the bottom left diagonal.

**PART C**

**RIGHT CHASSE, LEFT SAILOR STEP, SYNCOPATED SIDE WALK, TURNING LEFT SHUFFLE.**  
1&2 Step right foot to right side. Step left foot beside right. Step right foot to right side.  
3&4 Step left foot behind right foot. Step right foot to right side. Step left foot to left side.  
5&6 Step right foot behind left. Step left foot to left side. Cross step right foot over left.  
7&8 Step left foot into a  $\frac{1}{4}$  turn left. Step right foot beside left. Step left foot forward

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