

# The Remedy

拍數: 64      牆數: 4      級數: Intermediate  
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音樂: The Remedy - Jason Mraz



## SCUFF HITCH STEP, TWIST & TWIST, BACK COASTER, CROSS ROCK RECOVER

1&2      Scuff right forward, hitch right knee, step right together  
3&4      Swivel both heels right, swivel both heel to center, swivel both heels right  
5&6      Step right back, step left together, step right forward  
7&8      Cross/rock left over right, recover onto right, step left together

## VINE LEFT, CROSS ROCK RECOVER, SCUFF-HITCH & STEP, TWIST & TWIST

1&2&      Cross right over left, step left to side, cross right behind left, step left to side  
3&4      Cross/rock right over left, recover onto left, step right together  
5&6      Scuff left forward, hitch left knee, step left together  
7&8      Swivel both heels to left, swivel both heels to center, swivel both heels left

## COASTER STEP, TURN ½ STEP, LEFT LOCK, ROCK LEFT-RIGHT

1&2      Step left back, step right together, step left forward  
3&4      Step right forward, turn ½ left (weight to left), step right forward  
5&6      Step left forward, lock right behind left, step left forward  
7-8      Step right to side, step left together

## RIGHT SAILOR, LEFT SAILOR, ¾ UNWIND, HIP BUMPS

1&2      Cross right behind left, step left to side, step right to side  
3&4      Cross left behind right, step right to side, step left to side  
5-6      Cross right toe behind left, unwind ¾ right (weight to right)  
7&8      Step left to side and sway hips left, right, left

## CROSS ROCK & HEEL, TOUCH, HEEL, ROCK TURN ½, SCUFF, TURN ¼, STEP

1&2      Cross right over left, step left diagonally back, touch right heel diagonally forward  
&3&4      Step right together, touch left toe together, step left diagonally back, touch right heel diagonally forward  
&5&6      Step right together, step left forward, step right forward, turn ½ left (weight to left)  
7&8      Scuff right forward, turn ¼ left, step right together

## ROCK FORWARD, RECOVER, RIGHT SAILOR, TURN ½, TURN ¾, STEP

1&2      Rock left forward, recover onto right, step left together  
3&4      Cross right behind left, step left to side, step right to side  
5-6      Step left forward, turn ½ right (weight to right)  
7&8      Step left forward, turn ¾ right (weight to right), step left to side

## STAMP RIGHT, STAMP LEFT, HEEL-TOE-HEEL, ROCK FORWARD, RECOVER, 1 ½

1-2      Stomp right to side, stomp left to side  
3&4      Twist right heel in, twist right toe in, twist right heel in (weight to right)  
5-6      Rock left forward, recover onto right  
7&8      Turn ½ left and step left forward, turn ½ left and step right back, turn ½ left and step left forward

## ROCK FORWARD, RECOVER, 1 TURN ½S, ROCK FORWARD, RECOVER, TOGETHER, TURN ½ UNWIND

1-2      Rock right forward, recover onto left  
3&4&      Turn ½ right and step right forward, turn ½ right and step left back, turn ½ right and step right forward

5-6 Rock right forward, recover onto left  
&7-8 Step right together, cross/touch left toe behind right, unwind ½ left (weight to left)

**REPEAT**

**RESTART**

**Restart on wall 2 & 5 after 32 counts**

**Restart on wall 3 after 16 counts**

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