

# Antidote

COPPERKNOB  
BY STEPHEN HICKIE

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Robbie McGowan Hickie (UK) - June 2009  
音樂: Remedy - Little Boots : (CD: Hands)



## 16 Count intro – NOT Phrased

Alternative: "Part Of Me – Radio Edit" by Chris Cornell (116 bpm... 16 Count intro)

### Cross Rock. Chasse 1/4 Turn Left. Step. Pivot 1/2 Turn Left. Step. Pivot 1/4 Turn Left.

1 – 2      Cross rock Left over Right. Rock back on Right.  
3&4      Step Left to Left side. Step Right beside Left. Make 1/4 turn Left stepping forward on Left.  
5 – 6      Step forward on Right. Pivot 1/2 turn Left.  
7 – 8      Step forward on Right. Pivot 1/4 turn Left. (Facing 12 o'clock)

### Cross Rock. Right Sailor Cross 1/4 Turn Right. Side Rock with Hitch. Left Shuffle Forward.

1 – 2      Cross rock Right over Left. Rock back on Left.  
3&4      Sweep/Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Cross Right over Left.  
5 – 6      Rock Left to Left side. Recover on Right hitching Left knee up.  
7&8      Left shuffle forward stepping Left. Right. Left. (Facing 3 o'clock)

### Full Turn Left. Right Mambo Forward. Touch Back. Reverse Pivot 1/2 Turn Left. Right Cross Samba.

1 – 2      Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.  
3&4      Rock forward on Right. Rock back on Left. Step back on Right.  
5 – 6      Touch Left toe back. Reverse pivot 1/2 turn Left. (Weight on Left) (Facing 9 o'clock)  
7&8      Cross step Right over Left. Step Left beside Right. Step Right Diagonally Forward Right.

### Cross Rock. Left Shuffle Diagonally Back. Back Rock. Full Turn Left.

1 – 2      Cross rock Left over Right. Rock back on Right.  
3&4      Step Left Diagonally back Left. Close Right beside Left. Step Left Diagonally back Left.  
5 – 6      Rock back on Right. Rock forward on Left.  
7&      Make 1/4 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.  
8      Make 1/4 turn Left stepping Right to Right side. (Facing 9 o'clock)

Easier Option: Counts 7&8 above ... Chasse Right.

### Back Rock. Left Side Step. Drag Together. Left Shuffle Forward. Forward Rock.

1 – 2      Rock back Left behind Right. Rock forward on Right.  
3 – 4      Long step Left to Left side – pushing Hips Left. Slide/Drag Right beside Left. (Weight on Right)  
5&6      Left shuffle forward stepping Left. Right. Left.  
7 – 8      Rock forward on Right. Rock back on Left.

### Right Shuffle 1/2 Turn Right. 2 x 1/2 Turns Right. Forward Rock. Left Shuffle Back.

1&2      Right shuffle making 1/2 turn Right stepping Right. Left. Right.  
3 – 4      Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.  
5 – 6      Rock forward on Left. Rock back on Right.  
7&8      Left shuffle back stepping Left. Right. Left. (Facing 3 o'clock)

### 2 x 1/2 Turns Right. Dip Down/Up). Right Kick-Ball-Side. Cross Rock.

1 – 2      Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.  
3 – 4      (Weight on Both feet)...Dip Down. Stand Up. (Weight ends on Left)  
5&6      Kick Right forward. Step ball of Right beside Left. Step Left to Left side.

7 – 8            Cross rock Right over Left. Rock back on Left. (Facing 3 o'clock)

**Side Step. Together. Chasse 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Step. Pivot 1/4 Turn Right.**

1 – 2            Step Right to Right side. Close Left beside Right.

3&4            Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.

5 – 6            Step forward on Left. Pivot 1/2 turn Right.

7 – 8            Step forward on Left. Pivot 1/4 turn Right. (Facing 3 o'clock)

**Start Again**

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