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Antidote

64 Count, 4 Wall, Intermediate Choreographer: Robbie McGowan Hickie (UK) June 2009

Choreographed to: Remedy by Little Boots; Part Of Me (Radio Edit) by Chris Cornell

16 count intro

1-2 3&4 5-6 7-8	CROSS/ROCK, CHASSE TURN ¼ LEFT, STEP, PIVOT TURN ½ LEFT, STEP, PIVOT TURN ¼ LEFT Cross/rock left over right, recover to right Step left to side, step right together, turn ¼ left and step left forward Step right forward, turn ½ left (weight to left) Step right forward, turn ¼ left (weight to left) (12:00)
1-2 3&4 5-6 7&8	CROSS/ROCK, RIGHT SAILOR CROSS TURN ¼ RIGHT, SIDE ROCK WITH HITCH, LEFT SHUFFLE FORWARD Cross/rock right over left, rock left back Sweep/cross right behind left turn ¼ right, step left together, cross right over left Rock left to side, recover to right hitching left knee up Left shuffle forward stepping left, right, left (3:00)
1-2 3&4 5-6 7&8	FULL TURN LEFT, RIGHT MAMBO FORWARD, TOUCH BACK, REVERSE PIVOT TURN ½ LEFT, RIGHT CROSS SAMBA Turn ½ left and step right back, turn ½ left and step left forward Rock right forward, recover to left, step right back Touch left toe back, turn ½ left (weight on left) (9:00) Cross right over left, step left together, step right diagonally forward
1-2 3&4 5-6 7& 8 Easier o	CROSS/ROCK, LEFT SHUFFLE DIAGONALLY BACK, BACK ROCK, FULL TURN LEFT Cross/rock left over right, recover to right Step left diagonally back, step right together, step left diagonally back Rock right back, recover to left Turn ¼ left and step right back, turn ½ left and step left forward Turn ¼ left and step right to side (9:00) sption for counts 7&8 above: chasse right
1-2 3-4 5&6 7-8	BACK ROCK, LEFT SIDE STEP, DRAG TOGETHER, LEFT SHUFFLE FORWARD, FORWARD ROCK Rock left back, recover to right Long step left to side (hips left), slide/step right together Shuffle forward stepping left, right, left Rock right forward, recover to left
1&2 3-4 5-6 7&8	RIGHT SHUFFLE TURN ½ RIGHT, 2 X ½ TURNS RIGHT, FORWARD ROCK, LEFT SHUFFLE BACK Right shuffle turn ½ right stepping right, left, right Turn ½ right and step left back, turn ½ right and step right forward Rock left forward, recover to right Shuffle back stepping left, right, left (3:00)
1-2 3-4 5&6 7-8	2 X ½ TURNS RIGHT, DIP DOWN/UP), RIGHT KICK-BALL-SIDE, CROSS/ROCK Turn ½ right and step right forward, turn ½ right and step left back Dip down, stand up (weight ends on left) Kick right forward, step right together, step left to side Cross/rock right over left, recover to left (3:00)
1-2 3&4 5-6 7-8	SIDE STEP, TOGETHER, CHASSE TURN ¼ RIGHT, STEP, PIVOT TURN ½ RIGHT, STEP, PIVOT TURN ¼ RIGHT Step right to side, step left together Step right to side, step left together, turn ¼ right and step right forward Step left forward, turn ½ right (weight to right) Step left forward, turn ¼ right (weight to right) (3:00)