

Your Remedy

16 Count, 4 Wall, Intermediate/Advanced
Choreographer: David Ackerman (UK) Jan 2016
Choreographed to: Remedy by Adele

Count in: 8 counts from beginning of track. Start on lyrics

(1-4) Step sweeps X3, Cross, ¼ turn, Together

- 1 Step L forward and sweep R from back to front
- 2 Step R forward and sweep L from back to front
- 3 Step L forward and sweep R from back to front
- 4&a Cross R over left foot (4), Make a ¼ turn right stepping L back (&)(3:00),
Step R next to L(a)

****Restart on wall 11 here. You will be facing 9:00.**

(5-8) ½ turn Left, Run Back RLR, ½ turn Right w/ Develope, Step

- 1 Step L forward as you make a ½ turn left bringing right foot in and touching
top of right foot to calf of left leg (9:00).
- 2&a Step R back (2), Step L back(&), Step R back (a)
- 3 Step L back. Pull R leg back using the momentum to turn ½ to the right.
As you turn bring the right knee up and then point the toe forward so the leg
is a straight line from hip to toe pointing forward (3:00). This should all be done
in a flowing motion.
- 4 Step R forward

****Restart on wall 5. You will be facing 3:00.**

(9-12) Rock, ½ turn triple, Rock, ½ turn triple

- 1 Rock L forward,
- 2&a Step R back making a 1/8 of a turn left (2)(1:30), Step R to the side making a
¼ turn left (&)(10:30), Step R forward making a 1/8 turn left (a)(9:00)
- 3 Rock L forward
- 4&a Step R back making a 1/8 of a turn left (2)(7:30), Step R to the side making a
¼ turn left (&)(4:30), Step R forward making a 1/8 turn left (a)(3:00)

****Restart on wall 7. You will be facing 3:00.**

(13-16) Rock, Recover, ½ turn, Hook

- 1 Rock L forward
- 2 Recover weight to R as you prep the body by bringing right shoulder back
- 3 Make a ½ turn left as you bring the top of the R foot to touch the calf of the left leg(9:00).
- 4 Step R back as you hook the left leg to cross the right.

Restarts (3):-

Wall 5: Restart after 8 counts. You will be facing 3:00 when you start again

Wall 7: Restart after 12 counts. You will be facing 3:00 when you start again

Wall 11: Restart after 4 counts. You will be facing 9:00 when you start again