

Remedy

32 Count, 4 Wall, Intermediate

Choreographer: Pagnoni Valentina (IT) Sept 2016

Choreographed to: Remedy by Zac Brown Band

Intro: 16 count - 2 Tag

Tag 1: At the end of 1st wall

Tag 2: At the end of 4th wall

Repeat Intro at the end of 6th wall

Intro:

Section 1 Cross Rock – Shuffle Right – Rock Back - 1/4 Turn – Shuffle Forward

1 2 cross/rock right over left – recover to left
3& 4 shuffle side right –left-right
5 6 cross/rock left behind right – ¼ turn left – recover right
7&8 shuffle forward left-right-left

Section 2 Rock Forward – Coaster Step – Kick – Hook – Kick – Coaster Step

1 2 rock right forward – recover left
3&4 step right backward – step left next to right – step right forward
5&6 left kick forward – hook left over right shin – left kick forward
7&8 step left backward – step right next to left – step left forward

Dance:

Section 1 Modified Rumba Box X 2 – Coaster Step Forward – Touch Back – ½ Turn

1&2 step right to right side – step left together – step right forward
3&4 step left to left side – step right together – step left forward
5&6 step right forward – step left together – step right backward
7 8 touch left toe back – make ½ turn left transferring weight

Section 2 Vaudeville – Step X 2 – Step Turn – ¼ Turn – ½ Turn

1&2 cross right over left –step left diagonally back – touch right heel diagonally forward
&3 4 hook right heel over left shin – step right forward – step left forward
5&6 step right forward – ½ turn left – step right forward
7 8 ½ turn right – step left backward – ¼ turn right

Section 3 Vaudeville – Step X 2 – ¼ Turn – Hip Bump

1&2 cross left over right – step right diagonally back – touch left heel diagonally forward
&3 4 hook left heel over right shin – step left forward – step right forward
5&6 rock left forward – recover right making ¼ turn right – cross left over right
7 8 step right to right side swaying hips right – rock weight onto left swaying hips left

Section 4 Kick Ball Cross – Shuffle – Mambo Forward

1&2 kick right forward – step ball of right next to left – cross left over right
3&4 step right to right side –step left next to right – step right to right side
5 6 ½ turn right transferring weight left – ¾ turn right transferring weight right
7&8 rock left forward – recover on right – left step back

Tag 1 Rocking Chair Right

1 2 rock right forward – recover left
3 4 rock right backward – recover left

Tag 2 Rock Right Forward

1 2 rock right forward – recover left