Your Remedy

Compte:	16	**Mur:**	4	**Niveau:**	Intermediate / Advanced

Chorégraphe: David Ackerman (USA) - January 2016

Musique: Remedy - 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

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