

# Antidote

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Paula Frohn-Butterly (USA)

**Musique:** Keep On Rockin' - Confederate Railroad



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## **ROCK FORWARD, REPLACE, ROCK BACK, REPLACE, STEP-PIVOT ½ LEFT TWICE**

- 1 Rock forward onto right foot
- 2 Replace weight back onto left foot
- 3 Rock back onto right foot
- 4 Replace weight back onto left foot
- 5 Step right foot forward
- 6 Pivot ½ turn left, transferring weight to left foot
- 7 Step right foot forward
- 8 Pivot ½ turn left, transferring weight to left foot

## **STOMP FORWARD, FAN, STOMP FORWARD, FAN, REPEAT**

- 9 Stomp right foot forward with toes pointed left
- 10 Fan toes to right
- 11 Stomp left foot forward with toes pointed right
- 12 Fans toes left
- 13-16 Repeat steps 9-12

## **CROSS ROCK, REPLACE, TRIPLE RIGHT, CROSS ROCK, REPLACE, TRIPLE ¼ TURN LEFT**

- 17 Rock forward onto right foot, crossing in front of left foot
- 18 Replace weight back onto left foot
- 19 Step right foot to right side
- &20 Step left foot next to right foot; step right foot to right side
- 21 Rock forward onto left foot, crossing front of right foot
- 22 Replace weight onto right foot
- 23 Step left foot to left side
- & Step right foot next to left foot
- 24 Step left foot forward into a ¼ turn left

## **SYNCOPATE APART, HOLD, ELVIS KNEES**

- &25 Step right foot to right side; step left foot to left side. Feet end slightly apart!
- 26 Hold with weight on left foot
- 27 Raise right heel, crossing right knee in front of left leg
- 28 Hold
- 29 Lower right heel and raise left heel, crossing left knee in front of right leg
- 30 Hold
- 31 Lower left heel and raise right heel, crossing right knee in front of left leg
- 32 Lower right heel and raise left heel, crossing left knee in front of right leg
- & Lower left heel, ending weight on left foot

## **REPEAT**

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