

Remedy!

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Advanced Smooth
编舞者: Maria Maag (DK) & Niels Poulsen (DK) - January 2016
音乐: Remedy - Adele : (Album: 25 - iTunes - 4:05)



Intro: 8 count intro from main beat (9 secs. into track). Start with weight on L foot
Sequence: Intro, A, B, B, Tag 1, A 28 counts, B, B, Tag 2, B, B, Tag 3, Tag 1, 7 counts of Tag 1
Ending: During your last Tag leave out the spiral turn on count 7 walking R fwd dragging L next to R

A – 32 counts, 2 walls (Danced twice. Always starts facing 12:00)

A[1 – 8] □ Point back R, ¼ R lunge, ¼ L recover, ¼ L into side rock cross R & L, rock R fwd, 1/8 R run back R L, R coaster step □

- 1-2-3 Point back R and reach R arm fwd and L arm back (1), turn ¼ R lunging R to R side and prepping your upper body R (2), turn ¼ L stepping down L (3) □ 12:00
- &a4 Turn ¼ L rocking R to R side (&), recover L (a), cross R over L (4) □ 9:00
- &a5 Rock L to L (&), recover R (a), cross L over R and sweep R fwd (5) □ 9:00
- a6a7 Press R fwd (a), recover L and hitch R back (6), turn 1/8 R stepping R back towards L diagonal (a), step back L (7) □ 10:30
- 8&a Step back R (8), step L next to R (&), step fwd R (a) □ 10:30

A[9 – 16] □ Fwd L, ½ L with sweep, sailor step, behind side cross, 2 body rocks, 1/8 L into weave □

- 1-2 Step fwd L prepping upper body R (1), turn ½ L stepping R back and sweeping L back (2) □ 4:30
- 3&a Cross L behind R (3), step R to R side (&), step L to L side squaring up to 6:00 (a) □ 6:00
- 4&a Cross R behind L (4), step L to L side (&), cross R over L (a) □ 6:00
- 5a6a7 Rock L diagonally fwd L (5), recover R (a), rock fwd L (6), recover R (a), step L fwd sweeping R fwd and turning 1/8 L (7)

Styling: roll body during rocks. Either doing 2 body roll from head and down, 2 hip rolls fwd and back or roll shoulders forwards and backwards □ 3:00

- 8&a Cross R over L (8), step L to L side (&), cross R behind L (a) □ 3:00

A[17 – 24] □ Sway L & R, ¼ sweep L, weave L sweep, behind side cross, basic R, ¼ R □

- 1-3 Step L to L side swaying upper body L (1), recover R swaying upper body R (2), turn ¼ L stepping L down and sweeping R fwd (3) □ 12:00

Styling for counts 1-2: when swaying extend first L arm and then R arm

- 4a5 Cross R over L (4), step L to L side (a), cross R behind L sweeping L back (5) □ 12:00
- 6&a Cross L behind R (6), step R to R side (&), cross L over R (a) □ 12:00
- 7-8&a Step R to R side (7), step L behind R (8), cross R over L (&), turn ¼ R stepping back L (a) □ 3:00

A[25 – 32] □ 3/8 R lunge R fwd, back R, ½ turn L lunge L fwd, back L, R back rock, ½ turn L, L back rock, full turn R □

- 1-2a Turn 3/8 R lunging R fwd and extend your L arm fwd (1), recover back L (2), step back R (a) □ 7:30
- 3-4a Turn ½ L lunging L fwd and extend your R arm fwd (3), recover back R (4), step back L (a). * Restart here during 2nd A. Note: at this point you're facing 1:30. To start B correctly towards 7:30 turn another ½ R on L foot to go into count 1 of B □ 1:30
- 5-6a Back rock R (5), recover L (6), turn ½ L stepping R back (a) □ 7:30
- 7-8a Back rock L (7), recover R (8), turn ½ R stepping L back continuing to turn another ½ R on L to be ready to go into count 1 of your B section (a) □ 7:30

B – 16 counts, 2 walls (You do it 6 times. It always starts facing 07:30)

B[1 – 8] □ Diagonally fwd R, weave, slide R back, fwd R, 5/8 R into side step R, chasse ¼ L, full figure 4 turn

L, rock L fwd

- 1-2&a3 Step R fwd towards 7:30 sweeping L fwd (1), cross L over R (2), turn 1/8 L stepping R to R side (&), turn 1/8 L stepping L back reaching both arms fwd (a), bend in your L knee and slide R backwards pulling both arms to chest and down along your legs (3) 4:30
- 4a5 Step R fwd (4), turn 3/8 R stepping L back (a), turn 1/4 R stepping R a big step R and dragging L next to R (5) 12:00
- 6&a Step L to L side (6), step R next to L (&), turn 1/4 L stepping L fwd (a) 9:00
- 7-8a Step R fwd as you do a full figure 4 turn L on R (7), rock L fwd (8), recover R (a) 9:00

B[9 – 16] Back L with sweep, R back lock step, 1/4 L lunge, 1 1/4 R, cross, 1/4 L, 1/2 L, cross, rock L

- 1-2&a Step back L and sweep R back (1), step back R (2), lock L in front of R (&), step back R (a) 9:00
- 3-4a5 Turn 1/4 L lunging L to L side (3), turn 1/4 R onto R (4), turn 1/2 R back on L (a), turn 1/2 R fwd onto R sweeping L fwd (5) 9:00
- 6a7 Cross L over R (6), turn 1/4 L stepping back R (a), turn 1/2 L onto L sweeping R fwd (7) 12:00
- 8a Cross R over L (8), rock back L (a) 12:00

Tag 1 – 8 counts, 1 wall (Danced 3 times, first time after the 2nd B, 2nd and 3rd time after Tag 3)

[1 – 8] R&L prissy walks, L spiral turn, mambo 1/2 L, R&L prissy walks, L spiral turn, mambo

- 1-3 Walk R diagonally fwd L (1), walk L diagonally fwd R (2), step R fwd doing a full spiral turn L (3) 6:00
- 4&a Rock fwd L (4), recover R (&), turn 1/2 L stepping L fwd (a) 12:00
- 5-7 Walk R diagonally fwd (5), walk L diagonally fwd R (6), step R fwd doing a full spiral turn L (7) 12:00
- 8&a Rock fwd L (4), recover R (&), step L next to R (a) 12:00

Tag 2 – 20 counts, 1 wall (Danced once, after the 4th B, facing 6:00)

[1 – 16] Tag 2 is Tag 1 done twice, first starting towards 6:00 then towards 12:00. Then add this

[17 – 20] Sway R recover L, behind, sway L recover, 1 1/8 R

- 1-2a Step R to side swaying upper body R (1), recover L (2), cross R behind L (a) 6:00
- 3-4a Step L to side swaying upper body L (3), turn 1/4 R stepping R fwd (4), turn 1/2 R stepping back L (a)

Note: To start B correctly towards 7:30 turn another 3/8 R on L foot to go into count 1 of B 3:00

Tag 3 – 5 counts, 1 wall (Danced once, after the 6th B, facing 6:00)

[1 – 5] Fwd R with L sweep, fwd L, Monterey 1/2 turn R with L sweep, walk L fwd

- 1-2 Step R fwd sweeping L fwd (1), step L fwd (2) 6:00
- 3-4 Point R to R side (3), turn 1/2 R stepping down R sweeping L fwd (4) 12:00
- 5 Walk L fwd (5) 12:00

ENJOY!

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