

Remedy!

Count: 48

Wall: 2

Level: Advanced Smooth

Choreographer: Maria Maag and Niels Poulsen – Jan. 2016

Music: Remedy by Adele (Album : 25) Length 4:05 (iTunes)

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 ¼ 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 ¼ 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, ¼ L lunge, 1¼ R, cross, ¼ L, ½ 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 ¼ L lunging L to L side (3), turn ¼ R onto R (4), turn ½ R back on L (a), turn ½ R fwd onto R sweeping L fwd (5) 9:00
6a7 Cross L over R (6), turn ¼ L stepping back R (a), turn ½ 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 ½ 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 ½ 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 ¼ R stepping R fwd (4), turn ½ 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 ½ 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 ½ R stepping down R sweeping L fwd (4)	12:00
5	Walk L fwd (5)	12:00

ENJOY!

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