

Remedy

Choreographed : Marianne v/d Toorn Vrijthoff (Feb 2021)
Music : **Remedy** "By" **Machel Montano**
Descriptions : 32 count - 4 wall - Beginner line dance
: mvdtoornvrijthoff@gmail.com



Intro: 16 Counts

Sec 1: Vine, Together, Jump fwd, Hold, Jump Back, Touch, Hold

1-2-3-4 RF. Step to R side - LF. Cross behind RF - RF. Step to R side - LF. Step together

&5-6 RF. Jump forward - LF. Step together - Hold

&7-8 RF. Jump back - LF. Touch toe beside RF - Hold

Sec 2: Vine with 1/4 Turn L, Touch, Step fwd, 1/4 Turn L, Step fwd, 1/4 Turn L

1-2-3-4 LF. Step to L side - RF. Cross behind LF - LF. 1/4 Turn L step forward - RF. Touch toe beside LF (9:00)

5-6-7-8 RF. Step forward - 1/4 Turn L - RF. Step forward - 1/4 Turn L (3:00)

Sec 3: Jazz Box, Jazz Box Cross

1-2-3-4 RF. Cross over LF - LF. Step back - RF. Step to R side - LF. Step forward

5-6-7-8 RF. Cross over LF - LF. Step back - RF. Step to R side - LF. Cross over RF

Sec 4: Step Diagonal fwd, Touch, Step diagonal Back, Touch, Skate fwd with R-L-R-L

1-2-3-4 RF. Step diagonal R forward - LF. Touch toe beside RF - LF. Step diagonal L back - RF. Touch toe beside LF

5-6-7-8 Skate forward with R-L-R-L

Start Again