

# Antidote ( )

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Robbie McGowan Hickie , UK (Jun 09)

**Music:** Remedy by Little Boots (CD: Hands [128bpm]) "Part Of Me - Radio Edit" by Chris Cornell (116 bpm...16 Count intro)

16 Count intro 16

**Cross Rock. Chasse 1/4**

**Turn Left. Step. Pivot 1/2 Turn Left. Step. Pivot 1/4 Turn Left.** , 90 , , 1/2, , 1/4

1-2

**Cross rock Left over Right. Rock back on Right.**

,

3&4

**Step Left to Left side. Step Right beside Left. Make**

**1/4 turn Left stepping forward on Left.** , , 90

5-6

**Step forward on Right. Pivot 1/2 turn Left.** , 180

7-8

**Step forward on Right. Pivot 1/4 turn Left. (Facing 12 o'clock)** , 90 ( 12 )

**Cross Rock. Right Sailor**

**Cross 1/4 Turn Right. Side Rock with Hitch. Left Shuffle Forward.**

□□□□ , □ 1/4□□□□ , □□□□ , □□□□

1-2

**Cross rock Right over Left. Rock back on Left.**

□□□□□□□□ , □□□□

3&4

**Sweep/Cross Right behind Left making 1/4 turn Right.**

**Step Left beside Right. Cross Right over Left.**

□□□□□□ 90° , □□□□ , □□□□□□□□

5-6

**Rock Left to Left side. Recover on Right hitching Left**

**knee up.**

□□□□□□ , □□□□□□

7&8

**Left shuffle forward stepping Left. Right. Left. (Facing**

**3 o'clock)□□□□ -□ , □ , □ (□□ 3□□ )**

□□□

**Full Turn Left. Right**

**Mambo Forward. Touch Back. Reverse Pivot 1/2 Turn Left. Right Cross Samba.**

□□□□ , □□□□□□ , □□ , □□□□ 1/2, □□□□□□

1-2

**Make 1/2 turn Left stepping back on Right. Make 1/2**

**turn Left stepping forward on Left. □□ 180□□□□□□ , □□ 180□□□□□□**

**3&4**

**Rock forward on Right. Rock back on Left. Step back on Right.**

□□□□ , □□□□ , □□□□

**5-6**

**Touch Left toe back. Reverse pivot 1/2 turn Left.**

**(Weight on Left) (Facing 9 o'clock)**

□□□□ , □□□□ 180° (□□□□ ) (□□ 9□ )

**7&8**

**Cross step Right over Left. Step Left beside Right.**

**Step Right Diagonally Forward Right.**

□□□□□□□□ , □□□□ , □□□□□□

□□

**Cross Rock. Left Shuffle**

**Diagonally Back. Back Rock. Full Turn Left. □□□□ , □□□□ , □□□□ , □□□□**

**1-2**

**Cross rock Left over Right. Rock back on Right.**

□□□□□□□□ , □□□□

**3&4**

**Step Left Diagonally back Left. Close Right beside**

**Left. Step Left Diagonally back Left. □□□□□□□□ , □□□□ , □□□□□□□□**

**5-6**

Rock back on Right. Rock forward on Left. □□□□ , □□□□

7&

Make 1/4 turn Left stepping back on Right. Make 1/2

turn Left stepping forward on Left. □□ 90□□□□ , □□ 180□□□□

8

**Make 1/4 turn Left stepping Right to Right side. (Facing**

9 o'clock) □□ 90□□□□ (□□ 9□□ )

Easier:

Counts 7&8 above ... Chasse Right. □□□

□□□

Back Rock. Left Side Step. Drag Together.

Left Shuffle Forward. Forward Rock. □□□ , □□□ , □□□ , □□□□ , □□□

1-2

Rock back Left behind Right. Rock forward on Right.

□□□□□□□□ , □□□□□

3-4

Long step Left to Left side - pushing Hips Left.

Slide/Drag Right beside Left. (Weight on Right)

□□□□□□ , □□□ , □□□□ (□□□□□□ )

5&6

Left shuffle forward stepping Left. Right. Left. □□□ -□ , □ , □

7-8

Rock forward on Right. Rock back on Left. □□□□ , □□□□

□□

Right Shuffle 1/2 Turn Right. 2 x 1/2 Turns

Right. Forward Rock. Left Shuffle Back.

□

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1&2

Right shuffle making 1/2 turn Right stepping Right.

Left. Right. □□ 180□□□□ -□ , □ , □

3-4

Make 1/2 turn Right stepping back on Left. Make 1/2

turn Right stepping forward on Right. □□ 180□□□□ , □□ 180□□□□

5-6

Rock forward on Left. Rock back on Right. □□□□ , □□□□

7&8

**Left shuffle back stepping Left. Right. Left. (Facing**

**3 o'clock)**

□□□□ -□ , □ , □ (□□ 3□□ )

□□

2x 1/2 Turns Right. Dip Down/Up). Right

**Kick-Ball-Side. Cross Rock.**

□□□□ 1/2,

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1-2

**Make 1/2 turn Right stepping forward on Right. Make 1/2**

**turn Right stepping back on Left. □□ 180□□□□ , □□ 180□□□□**

3-4

**(Weight on Both feet)...Dip Down. Stand Up. (Weight ends**

**on Left)**

(□□□□ ) □□ , □□ (□□□□ )

5&6

**Kick Right forward. Step ball of Right beside Left.**

**Step Left to Left side. □□□□ , □□□□ , □□□□**

7-8

**Cross rock Right over Left. Rock back on Left. (Facing**

**3 o'clock)**

□□□□□□□□ , □□□□ (□□ 3□□ )

□□□

**Side Step. Together. Chasse 1/4 Turn Right.**

**Step. Pivot 1/2 Turn Right. Step. Pivot 1/4 Turn Right.**

□□

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**mso-font-kerning:0pt">1/4**

**1-2**

**Step Right to Right side. Close Left beside Right.**

□□□□ , □□□□

**3&4**

**Step Right to Right side. Close Left beside Right. Make**

**1/4 turn Right stepping forward on Right. □□□□ , □□□□ , □□ 90□□□□**

**5-6**

**Step forward on Left. Pivot 1/2 turn Right. □□□□ , □□□□ 180□**

**7-8**

**Step forward on Left. Pivot 1/4 turn Right. (Facing**

**3 o'clock)**

□□□□ , □□□□ 90□ (□□ 3□□ )