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Remedy!

48 Count, 2 Wall, Advanced (Smooth) Choreographer: Maria Maag and Niels Poulsen (DK) Jan 2016 Choreographed to: Remedy by Adele. Album: 25 (Length 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)		
1-2-3 pre &a4 &a5 a6a7	Point back R, ¼ R lunge, ¼ L recover, ¼ L into side rock cross R & L, rock R fwd, R run back R L, R coaster step Point back R and reach R arm fwd and L arm back (1), turn ¼ R lunging R to R side and pping your upper body R (2), turn ¼ L stepping down L (3) 12:00 Turn ¼ L rocking R to R side (&), recover L (a), cross R over L (4) 9:00 Rock L to L (&), recover R (a), cross L over R and sweep R fwd (5) 9:00 Press R fwd (a), recover L and hitch R back (6), turn 1/8 R stepping R back towards L gonal (a), step back L (7) 10:30 Step back R (8), step L next to R (&), step fwd R (a) 10:30	
Styling: rol	Fwd L, ½ L with sweep, sailor step, behind side cross, 2 body rocks, 1/8 L into weave Step fwd L prepping upper body R (1), turn ½ L stepping R back and sweeping L back (2) 4:30 Cross L behind R (3), step R to R side (&), step L to L side squaring up to 6:00 (a) 6:00 Cross R behind L (4), step L to L side (&), cross R over L (a) 6:00 Rock L diagonally fwd L (5), recover R (a), rock fwd L (6), recover R (a), step L fwd sweeping wd and turning 1/8 L (7) I body during rocks. Either doing 2 body roll from head and down, 2 hip rolls fwd and back or ers forwards and backwards 3:00 Cross R over L (8), step L to L side (&), cross R behind L (a) 3:00	
	Sway L & R, ¼ sweep L, weave L sweep, behind side cross, basic R, ¼ R Step L to L side swaying upper body L (1), recover R swaying upper body R (2), 1 ¼ L stepping L down and sweeping R fwd (3) 12:00 counts 1-2: when swaying extend first L arm and then R arm Cross R over L (4), step L to L side (a), cross R behind L sweeping L back (5) 12:00 Cross L behind R (6), step R to R side (&), cross L over R (a) 12:00 Step R to R side (7), step L behind R (8), cross R over L (&), turn ¼ R stepping back L (a) 3:00	
1-2a 3-4a *Restart he another ½ 5-6a 7-8a	3/8 R lunge R fwd, back R, ½ turn L lunge L fwd, back L, R back rock, ½ turn L, ack rock, full turn R Turn 3/8 R lunging R fwd and extend your L arm fwd (1), recover back L (2), step back R (a) 7:30 Turn ½ L lunging L fwd and extend your R arm fwd (3), recover back R (4), step back L (a). Fre during 2nd A. Note: at this point you're facing 1:30. To start B correctly towards 7:30 turn R on L foot to go into count 1 of B 1:30 Back rock R (5), recover L (6), turn ½ L stepping R back (a) 7:30 Back rock L (7), recover R (8), turn ½ R stepping L back continuing to turn another ½ R on the 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

Step L to L side (6), step R next to L (&), turn 1/4 L stepping L fwd (a) 9:00

Step R fwd (4), turn 3/8 R stepping L back (a), turn 1/4 R stepping R a big step R and

Step R fwd as you do a full figure 4 turn L on R (7), rock L fwd (8), recover R (a) 9:00

slide R backwards pulling both arms to chest and down along your legs (3) 4:30

4a5

6&a

7-8a

dragging L next to R (5) 12:00

B[9 – 16] 1-2&a 3-4a5	Back L with sweep, R back lock step, ¼ L lunge, 1¼ R, cross, ¼ L, ½ L, cross, rock L Step back L and sweep R back (1), step back R (2), lock L in front of R (&), step back R (a) 9:00 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 8a	Cross L over R (6), turn ¼ L stepping back R (a), turn ½ L onto L sweeping R fwd (7) 12:00 Cross R over L (8), rock back L (a) 12:00	
Tag 1 – 8 cour [1 – 8] 1–3 4&a 5-7 8&a	R&L prissy walks, L spiral turn, mambo ½ L, R&L prissy walks, L spiral turn, mambo Walk R diagonally fwd L (1), walk L diagonally fwd R (2), step R fwd doing a full spiral turn L(3)6:00 Rock fwd L (4), recover R (&), turn ½ L stepping L fwd (a) 12:00 Walk R diagonally fwd (5), walk L diagonally fwd R (6), step R fwd doing a full spiral turn L (7)12:00 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] 1-2a 3-4a Note: To start	Sway R recover L, behind, sway L recover, 1 1/8 R Step R to side swaying upper body R (1), recover L (2), cross R behind L (a) 6:00 Step L to side swaying upper body L (3), turn ¼ R stepping R fwd (4), turn ½ R stepping back L (a) 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 cour [1 – 5] 1–2 3-4 5	Its, 1 wall (Danced once, after the 6th B, facing 6:00) Fwd R with L sweep, fwd L, Monterey ½ turn R with L sweep, walk L fwd Step R fwd sweeping L fwd (1), step L fwd (2) 6:00 Point R to R side (3), turn ½ R stepping down R sweeping L fwd (4) 12:00 Walk L fwd (5) 12:00	
ENJOY!		

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