

Remedy

Music By: Little Boots

From the CD *Hands*, Fast Pop Music
CD ASIN: B0033G900U
Track Time: 3:19



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Beginner Plus Line Dance

Wait 16 Beats and Start with Your Left Foot

Sequence: A – B – C – D – BRIDGE – A – B – C – D – BREAK – C – D – D

Part A (32 beats)

Push Off & Stomp Double DS – RS – RS – RS, ST – DS – DS – RS
(8 beats) L RL RL RL R L R LR

Fancy Double & 4 Toe Heels DS – DS – RS – RS (turn ½ left), TH – TH – TH – TH (backing up)
(8 beats) L R LR LR LL RR LL RR

Repeat to Face the Front

Part B (16 beats)

Rocking Chair DS – BR – SL – DS – RS
(8 beats) L R L R LR

Slur & A Basic DS – SLUR – S – DS – RS (moving left)
(8 beats) L R R L RL

Repeat, Moving Right (All footwork is on the opposite foot.)

Part C (32 beats)

Triple Up & Back DS – DS – DS – BR – SL / LIFT (moving forward to the corner) DS – DS – DS – RS (moving back)
(8 beats) L R L R L / R R L R LR

2 Basics & Time Bomb DS – RS, DS – RS, STOMP – RS – STOMP – RS – STOMP
(8 beats) L RL, R LR L RL R LR L
&a1 &2 &a3 &4 5 &6 & 7& 8

Repeat (All footwork is on the opposite foot.)

Part D (32 beats)

Ooh Aah & Triple DS – S / K – S – S – S, DS – DS – DS – RS
(8 beats) L R / L L R L R L R LR
&a1 2 3 & 4 &a5 &a6 &a7 &8

2 Basics & Walk the Dog DS – RS, DS – RS (turn ½ left), DS – DS – H – H – S – S
(8 beats) L RL, R LR L R L R L R

Repeat to Face the Front.

Bridge (16 beats)

8 Count Vine Left and Right

Break (64 beats)

8 Count Vine DS – DS (xif) – DS (ots) – DS (xib) – DS (ots) – DS (xif) – DS (ots) – RS
(8 beats) L R L R L / R R L R LR

Toe Heels & Rocking Chair DS – TH – TH – RS, DS – BR – SL / LIFT – DS – RS (turn ¼ left on the Rocking Chair)
R LL RR LR L R L / R R LR

Repeat 3 More Times to Face the Front.