



REMEDY

Choreographers :	Release Date: September 2011
Annette & Frank Woodruff Rue du Camp, 87 7034 Mons, Belgium	Rhythm & Phase: Mixed (Tango & Cha Cha) V Easy
	Music: Alec Medina, download from Casa Musica. (Chart Hits Zum Welttanztag 2009 CD, Track 8) or iTunes
	Time & Speed: 3:18 @ unchanged speed
32-65-731940	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
annetteandfrank@gmail.com	Sequence: Intro – AB – Inter – ABC – B(1-15) - Ending

INTRODUCTION

	Wait ;	CP LOD wait 8 pick up notes ;
1	Forward Stairs ;	Fwd L, cl R, sd L, cl R ;
2	Back Stairs ;	Bk L, cl R, sd L, cl R ;
3	Forward Stairs to SCAR ;	Fwd L, cl R, sd L w/ bdy trn to SCAR DLW, cl R ;
4	2 Triples ;	Twds DLW fwd L/cl R, fwd L, fwd R/cl L, fwd R ;

PART A (Tango)

1	Walk 2 ;	Snapping to CP LOD fwd L stlty acrs R, -, forward right stlty to the sd, - ;
2	Tango Draw ;	Fwd L, fwd & sd R, draw L, - ;
3	Walk 2 ;	Fwd L stlty acrs R, -, forward R stlty to the sd, - ;
4	Gaicho Turn 4 ;	Rk fwd L trn 1/8 LF, rec bk R trn 1/8 LF, rk fwd L trn 1/8 LF, rec bk R trn 1/8 LF to CP RLOD ;
5	Walk 2 ;	Repeat meas 1-4 Part A in opposite direction to CP LOD ; ; ; ;
6	Tango Draw ;	
7	Walk 2 ;	
8	Gaicho Turn 4 ;	
9	Open Reverse Turn ;	Fwd L trn LF, sd & bk R cont trn, bk L to BJO RLOD (<i>W bk R trn LF, sd L, fwd R outsd M</i>), - ;
10	Closed Finish WALL;	Bk R to CP trn LF, sd & fwd L, cl R near L to CP DLW, - ;
11 - 12	Progressive Link to Closed Promenade ; ;	Fwd L, trng bdy RF sm sd & bk R to SCP LOD, sd & fwd L, - ; thru R, sd & fwd L to CP WALL, cl R, - ;

PART B (Cha Cha)

Continue dancing with tango styling, sharp & deliberate. Cha cha terminology is only used for ease of description.

1	Quick Strolling Vine ½ ;	Sd L, XRib, trng 1/2 LF ovr next 3 steps sd L/ cl R, fwd L to CP COH ;
2 - 3	Shoulder to Shoulder to BJO & SCAR ; ;	Fwd R to BJO, rec L to CP, sd R/cl L, sd R ; fwd L to SCAR, rec R to CP, sd L/cl R, sd L ;
4	Zig Zag 4 ;	Fwd R in BJO beginning to trn RF, sd L to CP preparg to ld W outsd ptr [1/8 RF trn btw steps 1 & 2], bk R beginning to trn LF, w/ L sd stretch sd L preparg to step outsd ptr [1/8 LF trn btw steps 3 & 4] ;
5	Shoulder to Shoulder to Face in BFLY;	Fwd R to BJO, rec L, sd R/cl L, sd R to BFLY COH ;
6	Reverse Underarm Turn;	Raisg jnd ld hnds XLif, rec R, bring hnds down sd L/cl R, sd L (<i>W XRif trng 1/2 LF undr ld hnds, rec L congtrn to fc ptr, sd R/ cl L, sd R</i>) to BFLY COH ;
7	Crab Walk 4 ;	XRif (<i>W XLif</i>), sd L, XRif (<i>W XLif</i>), sd L;
8	Spot Turn to CP ;	XRif (<i>W XLif</i>) relg hnds & trng LF, rec L contg LF trn to fc ptr, sd R/cl L, sd R to CP COH ;
9 – 10	Cross Body ; ;	Fwd L, rec R trng 1/4 LF, sd L/cl R, sd L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>) ; slip bk R trng LF, rec L to CP WALL, sd R/cl L, sd R (<i>trng LF W slip fwd L btw M's ft, contg to trn LF fwd & sd R to fc COH, sd L/cl R, sd L</i>) ;
11	New Yorker ;	Thru L w/ straight leg trng to LOP RLOD, rec R to CP, sd L/cl R, sd L ;
12	Thru Vine 4 ;	Thru R, sd L, XRib (<i>W XLif</i>), sd L ;

13	Aida ;	Thru R, sd L trng RF, bk R/lk Lf, bk R to V-BK-TO-BK ;
14	Switch Rock ;	Trng LF to fc ptr bk & sd L, rec R to BFLY, sd L/cl R, sd L ;
15	Spot Turn ;	XRif (<i>W XLif</i>) relg hnds & trng LF, rec L contg LF trn to fc ptr, sd R/cl L, sd R ;
16	Quick Apart Kick Pick Up Touch ;	Apt L trng to OP, kick R acrs, ip R ldg W to CP LOD, tch L (<i>W apt R trng to OP, kick L acrs, sd & fwd L trng sharply to fold in frt of M, tch R to CP LOD</i>) ; [Quick and Sharp!]

INTERLUDE

1	Forward Stairs ;	Repeat meas 1-4 Intro ; ; ;
2	Back Stairs ;	
3	Forward Stairs to SCAR ;	
4	2 Triples ;	

Repeat Parts A & B

PART C (Tango)

1	Corte with Leg Crawl ;	Bk & sd L w/ lwrng action & L leg relaxed keepg R leg extended, - (<i>W fwd R btw M's feet w/ lwrng action, lift L leg up along M's R outer thigh w/ toe pt to floor</i>) , - , - ;
2	Recover ;	Rec R, -, - (<i>W bring L leg dwn along M's outer thigh, -, sip L</i>), - ;
3	Telemark to SCP WALL ;	Fwd L begin LF trn, sd R cont trn, sd & slightly fwd L (<i>W bk R begin LF trn bring L beside R no wgt, trn LF on R heel & chg wgt to L, sd & slightly fwd R</i>) to SCP WALL, - ;
4	Left Whisk ;	Thru R, sd & fwd L to mom CP RLOD, XRib (<i>W XLib</i>) to RSCP COH, - ;
5 - 6	Unwind in 4 to a Corte Recover ; ;	W/ wgt on L heel & R toe unwind thruout meas (<i>W around M fwd R, L, R, L</i>) to CP LOD ; bk & sd L w/ lwrng action & L leg relaxed keepg R leg extended, -, rec R, - ;
7	Walk & Face ;	Fwd L, -, fwd R trng ¼ RF to CP WALL, - ;
8	Tango Draw ;	Fwd L, fwd & sd R, draw L, - ;
9 - 10	Criss Cross ; ;	Snapping to SCP LOD fwd L, -, thru R & swvl to RSCP RLOD, - ; thru L, sd R to CP WALL, draw L ;
11 - 12	Doble Cruz ; ;	Snapping to SCP LOD fwd L, -, thru R, sd L to CP ; XRib (<i>W XLib</i>), ronde L CCW, XLib (<i>W XRib</i>), sd & bk R to BJO LOD ;
13	Outside Swivel Link ;	Bk L bring R sd bk, -, thru R, tch L (<i>W fwd R outsd M swvl RF on R to SCP bring L to R no wgt, -, thru L, swvl LF to CP & tch R</i>) to CP DLW ;
14	Brush Tap ;	Fwd L trn LF, sm sd & bk R to CP DLC/brush L to R, tap L to sd, - ;
15	Open Reverse Turn ;	Repeat meas 9-10 Part A ; ;
16	Closed Finish WALL;	

Repeat Part B (1-15)

ENDING

1	Quick Apart Kick Together Touch to BFLY WALL ;	Apt L trng to OP, kick R acrs, sd R to BFLY WALL, tch L (<i>W apt R trng to OP, kick L acrs, sd L trng sharply to BFLY, tch R</i>) ;
2 - 3	Alemana ; ;	Relg trl hnds fwd L, rec R, ip L/R, L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>) ; XRib, rec L to fc ptr, sd R/cl L, sd R (<i>W fwd L & swvl sharply RF to fc WALL, brushg R against L fwd R & swvl sharply RF to fc DRC, fwd L/cl R, sd L to fc ptr</i>) ;
4	New Yorker ;	Repeat meas 11-15 Part B ; ; ; ; ;
5	Thru Vine 4 ;	
6	Aida ;	
7	Switch Rock ;	
8	Spot Turn ;	
9	Quick Apart Kick Wrap & Freeze ;	Apt L trng to OP, kick R acrs, ip R ldg W to WRP LOD, tch L (<i>W apt R trng to OP, kick L acrs, very quickly wrap LF L/ R, L & freeze lookg at ptr</i>) - ;

REMEDY – WOODRUFF - TG/CH V – 3:18 – ALEC MEDINA

INTRO (4 meas)

CP LOD Wt 8 P.U. Notes ;

Fwd Stairs ; Bk Stairs ; Fwd Stairs To SCAR ; 2 Triples ;

PART A (12 meas)

Snapping To CP LOD Walk 2 ; Tango Draw ; Walk 2 ; Gaucho Trn 4 ;

Walk 2 ; Tango Draw ; Walk 2 ; Gaucho Trn 4 ;

Op Rev Turn ; Closed Finish Wall ; Link To Closed Promenade ; ;

PART B (16 meas)

Qk Strolling Vine ½ ; Shldr To Shldr To BJO & SCAR ; ; Zigzag 4 ;

Shldr To Shldr To BFLY ; Rev Undrarm Trn ; Crab Walk 4 ; Spot Trn To CP ;

Cross Body ; ; N. Yorker ; Thru Vine 4 ;

Aida ; Switch Rock ; Spot Trn ; Qk Apt Kick Pick Up Tch ;

INTER (4 meas)

Fwd Stairs ; Bk Stairs ; Fwd Stairs To Scar ; 2 Triples ;

PART A (12 meas)

Snapping To CP Walk 2 ; Tango Draw ; Walk 2 ; Gaucho Trn 4 ;

Walk 2 ; Tango Draw ; Walk 2 ; Gaucho Trn 4 ;

Op Rev Turn ; Closed Finish Wall ; Link To Closed Promenade ; ;

PART B (16 meas)

Qk Strolling Vine ½ ; Shldr To Shldr To BJO & SCAR ; ; Zigzag 4 ;

Shldr To Shldr To BFLY ; Rev Undrarm Trn ; Crab Walk 4 ; Spot Trn To CP ;

Cross Body ; ; N. Yorker ; Thru Vine 4 ;

Aida ; Switch Rock ; Spot Trn ; Qk Apt Kick Pick Up Tch ;

PART C (16 meas)

Corte W/ Leg Crawl ; Rec ; Telemark To Scp Wall ; Left Whisk ;

Unwind In 4 ; Corte & Rec ; Walk & Fc ; Tango Draw ;

Criss Cross ; ; Doble Cruz ; ; Outside Swivel Link ; Brush Tap ;

Op Rev Trn ; Closed Finish WALL ;

PART B (16 meas)

Qk Strolling Vine ½ ; Shldr To Shldr To BJO & SCAR ; ; Zigzag 4 ;

Shldr To Shldr To BFLY ; Rev Undrarm Trn ; Crab Walk 4 ; Spot Trn To CP ;

Cross Body ; ; N. Yorker ; Thru Vine 4 ;

Aida ; Switch Rock ; Spot Trn ; Qk Apt Kick Pick Up Tch ;

ENDING (8 meas)

Alemana ; ; N. Yorker ; Thru Vine 4 ;

Aida ; Switch Rock ; Spot Trn ; Qk Apt Kick Wrap & Freeze ;



The original song “Remedy” is by “Little Boots” (Victoria Hesketh, young English electropop singer/songwriter).

I can see you
stalking like a
predator
I've been here before
Temptation calls like

Adam to the apple
But I will not be caught
Coz I can read those velvet eyes
And all I see is lies

No more poison
Killing my emotion
I will not be frozen
Dancing is my remedy, remedy, oh
Stop stop preying
Coz I'm not not playing
I'm not frozen
Dancing is my remedy, remedy, oh

Move while you're watching me
Dance with the enemy
I've got a remedy
Oh, oh-oh, oh-oh
Move while you're watching me
Dance with the enemy
Here is my remedy
Oh, oh-oh, oh-oh

Spin me faster like a kaleidoscope
All I've got's the floor
Yeah, you can try but I've found the
antidote
Music is the cure
So you can try to paralyze

But I know best this time

No more poison ...

La-da, da-da, la-da, la-da, da-da-da
Da-da, da-da, da-da-da-da, la-da

And when the music fades away
I know I'll be okay
Contagious rhythm in my brain
Let it play

No more poison....

THERE'S A LINE DANCE TO THE ALEC MEDINA ARRANGEMENT!

To see the line dance:

<http://www.youtube.com/watch?v=dsSrHgKFihk>



32 count intro (18 Sec)

Sec 1: 1-8 Steps Back L-R, Side Point, Hold, Head, Fwd (SSQQS)

1-4Stepping back on Lf, HOLD, stepping Back on Rf, HOLD
5-8Point Lf out to the left and look to the right side (head facing 3:00), Hold, (head facing return 12:00) step forward on Lf, Hold weight onto Lf (12:00)

Sec 2: 9-16 Walks Fwd R-L, 1/4 Turn L, Side Point, Hold, Head, Back (SSQQS)

1-4Stepping forward on Rf, Hold, Stepping forward on Lf, Hold
5-8Turn 1/4 left (9) point Rf out to right and look to the left side (head facing 6:00), Hold,(head facing return 9:00) step back on Rf, Hold weight onto Rf (9:00)

Sec 3: 17-24 1/4 Turn L, Basic Tango Pattern (SSQQS)

1-4Turn 1/4 left (6) stepping forward on Lf, Hold, stepping forward on Rf, Hold
5-8Step forward on Lf, step Rf to the right, step together on Lf, Hold (head facing over R shoulder) take weight onto both feet (6:00) (head facing return to front)

Sec 4: 25-32 Back, Gancho, 1/2 Turn R, Back, Gancho, Tango Rock Fwd, Tango Rock Fwd 1/4 Turn R

1-4Step back on Rf, Lf hook up across Rf, turn 1/2 right (12) step back on Lf, Rf hook up across Lf
5-8Rock forward on Rf, recover on Lf, turn 1/4 right (3) rock forward on Rf, recover on Lf weight onto Lf

Sec 5: 33-40 1/4 Turn R, Fwd, Hold, Back, Hold, 1/4 Turn R, Fwd, Side, Stomp, Hold (SSQQS)

1-4Turn 1/4 right (6) step forward on Rf, Hold, step back on Lf, Hold weight onto Lf
5-8Turn 1/4 right (9) step forward on Rf, step Lf to the left side, stomp Rf next to Lf take weight onto both feet, Hold

Sec 6: 41-48 Walks Back L-R, Fwd, 1/2 Turn L, Back, Back, Hold (SSQQS)

1-4Stepping back on Lf, Hold, stepping back on Rf, Hold (9:00)
5-8Stepping forward on Lf, turn 1/2 left (3) step back on Rf, step back on Lf, Hold (3:00)

Sec 7: 49-56 Lock Step Fwd, 1/4 Swivel R, Cross, Side, Cross, 1/4 Swivel L

1-4Step forward on Rf, lock Lf behind Rf, step forward on Rf, swivel 1/4 right (6) keeping feet together Holding weight onto Rf
5-8Cross Lf over Rf, step Rf slightly to right, cross Lf over Rf, swivel 1/4 left (3) keeping feet together holding weight onto Lf (3:00)

Sec 8: 47-64 Crossvine Left with 1/4 Turn L, Back, Hold, 1/4 Turn L, Stomp (QQSSQQS)

1-4Cross Rf over Lf, step Lf to the left side, step Rf behind Lf, turn 1/4 left (12) step forward on Lf weight onto Lf
5-8Step back on Rf, Hold, turn 1/4 left (9) step Lf to the left, stomp Rf next to Lf take weight onto both feet

Start Again, Enjoy!