

REMEDY

Choreographers : Annette & Frank Woodruff Rue du Camp, 87 7034 Mons, Belgium	Release Date: September 2011
	Music: Alec Medina, download from Casa Musica. (Chart Hits Zum Welttanztag 2009 CD, Track 8) or iTunes
	Rhythm & Phase: Mixed (Tango & Cha Cha) phase V
	Difficulty: Easy
	Time & Speed: 3:18 @ unchanged speed
32-65-731940	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
anfrank@skynet.be	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 stly acrs R, -, forward right stly to the sd, - ;
2	Tango Draw ;	Fwd L, fwd & sd R, draw L, - ;
3	Walk 2 ;	Fwd L stly acrs R, -, forward R stly 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>) - ;