

Remedy

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Music: Artist: Orchestra Alec Medina, Album: Chart-Hits Zum Welttanztag 2009;
download: Casa Musica, Length: 3:20, played at orig. speed or slightly slower for comfort
Rhythm: Tango Phase: V Degree of Difficulty: Average
Footwork: Opposite unless indicated (W's footwork in parentheses and grey background)
Sequence: Intro AB Interl AB CD B Endg (for a shorter version see note below)

Choreographed: 4.8.2013
Released: 7.8.2013
Version: 1.0

INTRODUCTION

1-4 Wait 2;; Corte & Rec; Brush Tap;
1-2 {Wait} In CP fcg DLW lead feet free wait 2 measures;;
SS; 3 {Corte & Rec} Dip bk L -, rec R, -;
QQ&S; 4 {Brush Tap} Fwd L, sd R, brush L to R / pt sd L,-;

PART A

1-4 Fwd & R Lunge; Rock Trn;; Brush Tap;
SS; 1 {Fwd & R Lunge} Fwd L lower slightly into left knee,-, sd & fwd R,-;
QQS; 2-3 {Rock Turn} Rec bk L trn 1/8 RF, rk fwd R, rec L trn 1/8 RF [end fcg DRW],-;
QQS; Bk R, sd L turning 1/4 LF, cl R to L to CP DLW,-;
QQ&S; 4 {Brush Tap} Fwd L, sd R, brush L to R / pt sd L,-;

5-8 Fivestep – Closed Promenade;;; Turning Brush Tap;
QQQQ;S 5-7 {Fivestep} Fwd L, sd & bk R, bk L [under body] to BJO, sd & bk R to CP; sharp turn of upper body right to SCP, hold, {Closed Promenade} Fwd L,-; Thru R, sd L fc ptr & DLW, cl R to L,-;
S;QQS; (W: Bk R, sd & fwd L prepare stepping outside ptr, fwd R outside ptr to BJO, fwd L to CP; follow lead turning upper body and feet and head right to SCP, hold, {Closed Promenade} fwd R, -; thru L, trng to fc partner sd R, cl L to R, -;)
QQ&S; 12 {Trng Brush Tap} Fwd L, turning 1/4 LF sd R to CP DLC, brush L to R / pt sd L,-;

9-12 Diamond Trn 3 Quarters;;; Closed Finish;
QQS;QQS; 1-4 {Diamond Turn 3/4} Fwd L, trng LF sd & bk R, bk L to contra BJO, -; bk R, trng LF sd & fwd L, fwd R, -; fwd L, trng LF sd & bk R, bk L in contra BJO, -;
QQS; 4 {Closed Finish} Bk R, trng LF to CP sd & fwd L, cl R to L to CP DLW, -;

PART B

1-4 Walk 2; Prog Link & Fwd; Op Natural; Bk Twisty Vine 4;
SS; 1 {Walk 2} Fwd L, -, fwd R, -;
QQS; 2 {Link} Fwd L, trn bdy R sm sd & bk R to SCP LOD, {Forward} Fwd L in SCP, -;
QQS; 3 {Open Natural} Fwd R, trng RF sd & around Lady L to momentary CP RLOD, with upper body trn to right bk R to contra BJO;
(W: Fwd L, fwd R between man's feet, fwd L prepare to step outside partner, -;)
QQQQ; 4 Bk L trng hips rf to fc, Sd R trng hips to left outside partner, XLiF, trng hips lf step sd & bk R to contra BJO RLOD;
(W: Fwd R trng hips rf to fc, sd L trng hips to left outside partner, XRiB, trng hips lf step sd & fwd L to contra BJO;)

5-8 **Outside Swivel & Thru (to RLOD); Rock 3; Closed Endg; Gaucho Trn 4;**
 SS; 5 {Outside Swivel & Thru} Bk L trn upper body twd partner,-, thru R in SCP RLOD,-;
 (W: Fwd R outside ptr & swivel RF to SCP RLOD,-, thru L,-;)
 QQS; 6 {Rock 3} In SCP twd RLOD rk fwd L, rec R, fwd L, -;
 QQS; 7 {Closed Ending} Thru R, sd & small fwd L turn upper body LF to CP DRC, cl R,-;
 QQQQ; 8 {Gaucho Trn 4} Trng LF while rocking rk fwd L, rec R, rk fwd L, rec R to CP DLW;

9-12 **Curve Walk 2; Rev Trn; Op Finish ckg (DW); Bk Rock 3;**
 SS; 9 {Curve Walk 2} slightly curving LF fwd L, -, fwd R to CP DC, -;
 SQQ; 10 {Reverse Trn} Fwd L commencing to turn L, cont LF trn sd & around partner R, bk L in CP
 RLOD,-;
 (W: Bk R commencing to turn LF, turning LF heel cl L, fwd R in CP LOD,-;)
 QQS; 11 {Opn Finish ckg} Bk R, trng 3/8 LF sd & fwd L, fwd R outsd ptr to contra BJO DLW ckg, -;
 (W: Fwd L, trng LF sd & fwd R, bk L in contra BJO checking, -;)
 QQS; 12 {Back Rock 3} In contra BJO rk bk L, rec R, bk L,-;

13-16 **Op Finish ckg (DRC); Bk Rk 3; Op Finish ckg (DLW); Bk Rock 3;**
 QQS; 13 {Open Finish chkg} Repeat Part B measure 11, amount of turn approx 1/2 LF, adjust to finish
 turn with following figure, figure ends fcg roughly **DRC**
 QQS; 14 {Back Rock 3} Repeat Part B measure 12
 QQS; 15 {Open Finish chkg} Repeat Part B measure 11, amount of turn approx 1/2 LF, adjust to finish
 turn with following figure, figure ends fcg roughly **DLW**
 QQS; 16 {Back Rock 3} Repeat Part B measure 12, figure ends contra BJO DLW with trail feet free

Interl

1-4 **Closed Finish; Trng Tg Draw; Rev Trn; Clsd Finish;**
 QQS; 1 {Closed Flinish} Bk R, trng slightly LF to CP sd & fwd L, cl R to L to CP DLW, -;
 QQS; 2 {Turning Tango Draw} Fwd L, 1/4 LF sd R, draw L to R to CP DLC, -;
 QQS 3 {Rev Turn} Repeat Part B measure 10
 QQS; 4 {Closed Finish} Bk R, trng LF 3/8 sd & fwd L, cl R to L to CP DLW, -;

Part C

1-4 **Step Bk & Stop; Bk Outside Swivel & Stop; Thru Tap & Stop; Rock 3;**
 Q--; 1 {Step Bk & Stop} In contra BJO bk R, hold, -, -;
 S--; 2 {Outside Swivel & Stop} Bk L trn upper body twd partner to SCP, -, hold, -;
 (W: Fwd R outside ptr & swivel RF to SCP LOD, -, hold, -;)
 QQ--; 3 {Thru Tap & Stop} In SCP thru R, tap L fwd with inside edge of big toe (no weight), hold, -;
 QQS; 4 {Rock 3} In SCP rk fwd L, rec R, fwd L, -;

5-8 **Fwd Outside Swivel & Stop; Bk Outside Swivel & Stop; Thru Tap (to CP)
& Hold; Corte & Rec;**
 S--; 5 {Outside Swivel & Stop} Fwd R trn upper body sharply LF to trn Lady to contra BJO DLW, -,
 hold, -;
 (W: Fwd L & swivel LF to contra BJO fcg DRC, -, hold, -;)
 S--; 6 {Outside Swivel & Stop} Bk L trn upper body twd partner to SCP, -, hold, -;
 (W: Fwd R outside ptr & swivel RF to SCP LOD, -, hold, -;)
 QQ--; 7 {Thru Tap to CP & Hold} In SCP thru R trn to CP, tap sd L with inside edge of big toe (no
 weight), hold, -;
 SS; 8 {Corte & Rec} Repeat Introduction measure 3

Part D

1-4 Fwd & R Lunge; Rk Trn;; Trng Tg Draw (DC);
1 {Fwd & R Lunge; Rock Trn} Repeat Part A measure 1-3
4 {Trng Tg Draw} Repeat Interlude measure 2

5-8 Diamond Trn - 3 Quarters;; Clsd Finish (DW);
5-8 Repeat Part A 9-12

Ending

1-4 Clsd Finish; Prog Link & Fwd; Op Nat; Bk Twisty Vine 4;
1 {Closed Finish} Repeat Introduction measure 1
2-4 {Prog Link & Fwd; Op Natural; Bk Twisty Vine 4} Repeat Part B measures 2-4

**5-8 Outsd Swivel & Thru (twd RLOD); Rk 3; Clsd Endg (DRC);
Rk Fwd Rec & Dip Bk;**
5-7 {Outside Swivel & Thru; Rock 3; Closed Ending;} Repeat Part B measures 5-7 to CP DRC
QQS; 8 {Rk Fwd Rec & Dip Bk;} In CP DRC rk Fwd L, rec R, dip sd & bk L leaving R L extended (like a Corte), -;

Options and Notes

Part B measure 2 [option: Prog Link & Fwd may be replaced by Whisk to reduce the number of difficult figures.]
Endg measure 2

Part B measure 9 For some groups it might be better to cue „Wk 2“ instead of „Curve Wk 2“ depending on how exact they dance the diagonals. Feel free to adjust as needed.

Part C Timing for the „Stop“-Figures is described as S because of additional time needed after the step for the leading and execution of the swivel; however the step itself should be taken sharply on the first count of the measure as a Q as the music suggests. I used the term „& stop“ to indicate sharpness of movement and stillness, the correct cue term that might be used instead is „& hold“.

Clsd Finish Closed Finish starts in CP or contra BJO with a step back for the man and ends in CP. Amount of LF turn may vary depending on previous and following figure.

Clsd Endg Closed Ending starts in SCP with a forward step for the man and moves from SCP to CP exactly like the last three steps of a Closed Promenade.

shorter Version This Dance is quite long and repetitive. For a shorter Version (without challenging Part C) use Sequence: Intro AB inter A Endg
For the shorter version replace the last measure of ending by:
GaUCHo Trn 4 (DW); Dip Bk & Hold;
and fade out the music accordingly. Length around 1:57

Teaching order Suggestion: Teach Toledo (Tg V) first before teaching this dance.

Suggested Head Cues:

Remedy Tg V

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Intro

(CP/DW) (Wait 2);; Corte & Rec; Brush Tap;

Part A Fwd & R Lunge; Rk Trn;; Brush Tap;
(CP/DW) Fivestep; • Clsd Prom;; Trng Brush Tap (DC);
Diamond Trn - 3 Quarters;;; Clsd Finish (DW);

Part B

(CP/DW) Wk 2; Prog Link & Fwd; Op Nat; Bk Twisty Vine 4;
Outsd Swivel & Thru (twd RLOD); Rk 3;
Clsd Endg (DRC); Gaucho Trn 4 (DW);
[Curve] Wk 2 (DC); Rev Trn; Op Finish ckg (DW); Bk Rk 3;
Op Finish ckg (DRC); Bk Rk 3; Op Finish ckg (DW); Bk Rk 3 (Bjo/DW);

Interl

(Bjo/trail) Clsd Finish; Trng Tg Draw; Rev Trn; Clsd Finish (DW);

Repeat AB

Part C

(Bjo,Trail) Step Bk & Stop; bk Outsds Swivel & Stop; Thru Tap & Stop; Rk 3;
fwd Outs Swivel (Bjo) & Stop; bk Outsd Swivel & Stop;
Thru Tap (CP) & Hold; Corte & Rec;

Part D

(CP/WII) Fwd & R Lunge; Rk Trn;; Trng Tg Draw (DC);
Diamond Trn - 3 Quarters;;; Clsd Finish (DW);

Repeat B

Endg

(Bjo,Trail) Clsd Finish; Prog Link & Fwd **; Op Nat; Bk Twisty Vine 4;
Outsd Swivel & Thru (twd RLOD); Rk 3; Clsd Endg (DRC);
Rk Fwd Rec & Dip Bk;

Sequence: Intro AB Inter AB C D B Endg;

_____ Shorter Version: _____
Sequence Intro AB Inter A Endg2

Endg2 (for shorter Version)

(Bjo,Trail) Clsd Finish; Prog Link & Fwd **; Op Nat; Bk Twisty Vine 4;
Outsd Swivel & Thru (twd RLOD); Rk 3; Clsd Endg (DRC);
Gaucho Trn 4 (DW); Dip Bk & Hold; [fadeout music]