



Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, A, B, Tag, A (16 Counts), A (16 Counts), B, A (16 Counts), B, B, B, A

Part A

SEC 1 **SIDE ROCK, CROSS, SIDE ROCK, CROSS, HINGE ½ TURN, STEP, FULL SPIRAL TURN, STEP, SIDE ROCK**

- 1&2 Rock R to R side, recover weight to L, cross R over L
&3& Rock L to L side, recover weight to R, cross L over R
4& Make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side (6:00)
5-6-7 Step forward on R, step forward on L making full spiral turn R, step forward on R (6:00)
8& Rock L to L side, recover weight to R

SEC 2 **BEHIND, SIDE ROCK, BEHIND, SIDE ROCK, COASTER STEP, STEP, FULL SPIRAL TURN, STEP, CHASE ½ TURN**

- 1&2 Cross step L behind R, rock R to R side, recover weight to L
&3& Cross step R behind L, rock L to L side, recover weight to R
4&5 Step back on L, step R beside L, step forward on L
6-7 Step forward on R making a full spiral turn L, step forward on L (12:00)
8&1 Step forward on R, make ½ turn L, step forward on R

Restart Here on the 4th, 5th and 7th time Part A is danced

SEC 3 **¾ TURN, CROSS, SIDE, BEHIND, ¼ TURN, STEP, PIVOT ½ TURN, STEP, CROSS ROCK, RECOVER**

- 2& Make ½ turn R, make ¼ turn R stepping R to R side
3&4& Cross L over R, step R to R side, cross step L behind R, make ¼ turn R stepping forward on R
5-7 Step forward on L, pivot ½ turn R, step forward on L
8& Cross rock R over L, recover weight to L (6:00)

Part B

SEC 1 **SIDE LUNGE, FULL ROLLING TURN SWAY, SWAY, SWAY, ¼ STEP, ½ BACK, BACK ROCK, 1½ ROLLING TURN SWEEP**

- 1 Lunge R to R side
2&3 Make ¼ turn L stepping forward on L, make ½ turn L stepping back on R, make ¼ turn L swaying L to L side
4& Sway R, sway L
5 Make ¼ turn R stepping forward on R (3:00)
6&7 Make ½ turn R stepping back on L, rock back on R, recover weight to L (9:00)
8& Make ½ turn L stepping back on R, make ½ turn L stepping forward on L
1 Make ½ turn L stepping back on R sweeping L to behind R (3:00)

My Antidote

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My Antidote

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SEC 2 BEHIND, SIDE, DIAGONAL CROSS ROCK, SIDE, DIAGONAL CROSS ROCK, SIDE, STEP, MAMBO ½ TURN

- 2& Cross step L behind R, step R to R
- 3-4& Cross rock L over R, recover weight to R, step L to L side
- 5-6& Cross rock R over L, recover weight to L, step R to R side
- 7 Step forward on L
- 8&1 Rock forward on R, recover weight to L, make ½ turn R stepping forward on R (9:00)

SEC 3 ¾ TURN, LUNGE, ¾ TRIPLE TURN SWEEP, CROSS, SIDE, BEHIND, SWEEP, SAILOR STEP DRAG

- 2&3 Make ½ turn R stepping back on L, make ¼ turn L stepping R to R side, lunge R to R side (6:00)
- 4&5 Make ¾ triple turn L stepping L, R, L sweeping R in front of L (9:00)
- 6&7 Cross R over L, step L to L side, step R behind L sweeping L to behind R
- 8&1 Cross L behind R, step R to R side, step L in place dragging R to beside L

SEC 4 BACK ROCK, ¼ TURN STEP, CHASE ½ TURN, STEP FULL SPIRAL TURN, STEP, CROSS ROCK, RECOVER

- 2&3 Cross rock R behind L, recover weight to L, make ¼ turn R stepping forward on R (12:00)
- 4&5 Step forward on L, make ½ turn R, step forward on L (6:00)
- 6-7 Step forward on R making a full spiral turn L, step forward on L (6:00)
- 8& Cross rock R over L, recover weight to L

Tag

SIDE ROCK, CROSS, SIDE ROCK, CROSS, RUMBA BOX BACK, RUMBA BOX FORWARD, CROSS ROCK

- 1&2 Rock R to R side, recover weight to L, cross R over L
- &3& Rock L to L side, recover weight to R, cross L over R
- 4&5 Step R to R side, step L beside R, step back on R
- 6&7 Step L to L side, step R beside L, step forward on L
- 8& Cross rock R over L, recover weight to L

