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

**SEC 1 STEP, ¼ SIDE, SAILOR ¼, STEP, ½ PIVOT, SHUFFLE ½**

- 1-2 Step forward on R, ¼ R stepping L to R side (3:00)  
3&4 Step R behind L, ¼ R stepping L next to R, Step forward on R (6:00)  
5-6 Step forward on L, ½ L stepping back on R (12:00)  
7&8 ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L Sweep R from back to front (6:00)

**SEC 2 CROSS, BACK, BALL CROSS, KNEE POP, TOE & HEEL & TOUCH FORWARD, TWIST HEEL**

- 1-2 Cross R over L, Step back on L  
&3&4 Step R to R side, Cross L over R, Pop both knees forward lifting heels up, Recover dropping down heels  
5&6& Touch R toe to R side, Step R next to L, Touch L heel forward, Step L next to R  
7&8 Touch R toe forward, Twist R heel to R side, Twist R heel back to centre  
**Styling** On the heel twist bump right hip up then down (weight ends on L)

**SEC 3 SIDE ROCK, CROSS, SIDE, LOCK STEP BACK, ROCK BACK, LOCK STEP FORWARD**

- 1&2 Rock out to R side, Recover on L, Cross R over L  
&3&4 Step L to L side, Step back on R, Lock L in front of R, Step back on R  
**Option** Pony Step backwards  
5-6 Rock back on L, Recover on R  
7&8 Step forward on L, Lock R behind L, Step forward on L

**SEC 4 WALK, WALK, STEP PIVOT ¼, CROSS, ¼ BACK, ½ STEP, STEP PIVOT ½ R STEP**

- 1-2 Step forward on R, Step forward on L  
3&4 Step forward on R, Pivot ¼ L, Cross R over L (3:00)  
5-6 ¼ R stepping back on L, ½ R stepping forward on R (12:00)  
7&8 Step forward on L, Pivot ½ R, Step forward on L (6:00)

**Restart** Here on Wall 5, Dance the Tag then restart

**SEC 5 ROCK, COASTER CROSS, ROCK, COASTER STEP**

- 1-2 Rock forward on R diagonal, Recover on L  
3&4 Step back on R, Step L to L side, Cross R over L  
5-6 Rock forward on L diagonal, Recover on R  
7&8 Step back on L, Step R next to L, Step forward on L

## Antidote

Continues... Page 1 of 2

### **SEC 6 DOROTHY STEP, DOROTHY STEP, STEP PIVOT ½, PADDLE ¼, PADDLE ¼**

- 1-2& Step R to R diagonal, Lock L behind R, Step slightly forward on R
- 3-4& Step L to L diagonal, Lock R behind L, Step slightly forward on L
- 5-6 Step forward on R, Pivot ½ L (12:00)
- 7-8 Paddle ¼ L pointing R to R side, Paddle ¼ L pointing R to R side (6:00)

**Restart** Here on wall 2

### **SEC 7 SIDE, CROSS, BACK, CHASSE, CROSS, BACK, CHASSE**

- 1 Step R to R side
- 2-3 Cross L over R, Step back on R
- 4&5 Step L to L side, Step R next to L, Step L to L side
- 6-7 Cross R over L, Step back on L
- 8& Step R to R side, Step L next to R

### **SEC 8 SIDE ROCK, TOGETHER, SIDE ROCK, SAILOR STEP, TWIST HEEL, TWIST TOE, HITCH**

- 1-2& Rock out to R side, Recover on L, Step R next to L
- 3-4 Rock out to L side, Recover on L
- 5&6 Step L behind R, Step R to R side, Step L to L side
- 7&8 Twist R heel to L side, Twist R toe to L side, Hitch R knee slightly

**Tag** After 32 counts of Wall 5 dance the following then restart

#### **OUT, OUT, IN, IN**

- 1-2 Step R to R side, Step L to L side
- 3-4 Step R back to centre, Step L next to R

