

# Our Prescription

Count: 64

Wall: 4

Level: High Improver

Choreographer: Sue Smyth (UK) & Michelle Mathieson (UK) - February 2013

Music: Put Some Alcohol on It - Gord Bamford



**32 count intro, Start on word (broke)**

**Sec 1: Vine right with heel slaps**

1-4 step R to R side, step L behind R, step R to R side, slap L foot behind R with R hand

5-8 step L to L side, slap R in front of L with L hand, step fwd on R, slap L behind R with R hand

**Sec 2: Back lock step kick, right coaster step step**

1-4 step back on Left, lock right in front of Left, step back on Left, kick Right foot fwd

5-8 step back on Right, step Left beside Right, step fwd on Right step fwd on Left

**Sec 3: Step pivot ¼ turn left cross hold, hinge ½ turn right cross hold**

1-4 step fwd on Right pivot ¼ turn Left, placing weight on Left, cross R over L hold (9 o'clock)

5-8 step back on Left ¼ turn Right, turn ¼ turn Right stepping R to R side, cross L over R hold (3 o'clock)

**RESTART 2 WALL 6 FACING ( 6 OCLOCK)**

**Sec 4: stomp right left swivets right centre, stomp left right swivets left centre**

1-4 stomp R fwd stomp L fwd, swivel Right toes to Right and Left heel to Left, back to centre,

5-8 stomp L fwd stomp R fwd, swivel Left toes to Left and Right heel to Right, back to centre (weight on L)

**RESTART 1 WALL 3 FACING (9 OCLOCK)**

**Sec 5: step back right kick left clap, step back left kick right clap, right coaster step hold**

1-4 Step back on right, kick left fwd and clap, step back on left kick right fwd and clap (clap hands as you kick)

5-8 Step back on R step L beside R, step fwd on R hold

**Sec 6: Step pivot ½ turn right step hold, full turn step hold (alt run fwd R L R)**

1-4 Step fwd on Left pivot ½ turn R placing weight on R, step fwd on L hold (9 o'clock)

5-8 Turn full triple turn Left on R L R ( or run fwd R L R) hold

**Sec 7: Stomp fwd Left clap, stomp fwd Right clap, Left cross rock side hold**

1-4 Stomp fwd on Left clap, step fwd on Right clap

5-8 Cross rock Left over Right, rec on Right, step Left to Left side hold

**Sec 8: Hip bumps Right and Left**

1-4 Bump hips R L R hold

5-8 Bump hips L R L hold ( weight on Left to start the dance again )

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