

Illegal Procedure

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Fish Ain't Bitin' - David Lee Murphy



STOMP, KICK, STOMP, KICK, STOMP, KICK, KICK BACK, ½ TURN KICK

1-2 Stomp right foot in place; kick left foot forward
3-4 Stomp left foot in place; kick right foot forward
5-6 Stomp right foot in place; kick left foot forward
7 Kick left foot straight back
& Keep left foot behind you and pivot ½ to the left on right foot
Left foot is now in front of you
8 Kick left foot forward

LEFT GRAPEVINE, STOMP, RIGHT GRAPEVINE, STOMP

9-10 Step left on left foot; step behind right foot with left
11-12 Step left on left foot; stomp right foot next to left
13-14 Step right on right foot; step behind right foot with left
15-16 Step right on right foot; stomp left foot next to right

PIVOT/PUSH, PIVOT/STOMP, PIVOT/PUSH, PIVOT/STOMP

& Pivot ¼ to the right on right foot
17 Place ball of left foot slightly out to left and...
& Push (forward) into ¼ pivot to the right on right foot
18 Stomp left foot slightly out to left
& Pivot ¼ to the left on right foot
19 Place ball of left foot slightly out to left and...
& Push (backward) into ¼ pivot to the left on right foot
20 Stomp left foot next to right (keep weight on right foot)

LEFT GRAPEVINE WITH ¼ TO THE LEFT, FEET TOGETHER

21-22 Step left on left foot; step right foot behind left
23-24 Step ¼ left on left foot; step right foot next to left

OUT, OUT, IN, IN

25-26 Step left foot slightly to left; step right foot slightly to right
27-28 Step left foot to center; step right foot to center

ROLL HIPS, STOMP, CLAP

29-30 Roll hips down to right; continue rolling hips up to left
31-32 Stomp right foot in place; clap hands

REPEAT
