

Our Prescription

拍数: 64 墙数: 4 级数: High Improver
编舞者: Sue Smyth (UK) & Michelle Mathieson (UK) - February 2013
音乐: 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, swivet Right toes to Right and Left heel to Left, back to centre,
5-8 stomp L fwd stomp R fwd, swivet 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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