

# Our Prescription

LINEDANCE.COM

**Count:** 64      **Wall:** 4      **Level:** High Improver

**Choreographer:** Sue Smyth and Michelle Mathieson (Feb 2013)

**Music:** Gord Bamford - Put some Alcohol on it

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

### Sec 1: Vine right with heel slaps

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

5-8step L to L side , slap R infront 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

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

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

### Sec 3: Step pivot $\frac{1}{4}$ turn left cross hold, hinge $\frac{1}{2}$ turn right cross hold

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

5-8step back on Left  $\frac{1}{4}$  turn Right, turn  $\frac{1}{4}$  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

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

5-8stomp 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 )

**Contact: [boogiesas@yahoo.co.uk](mailto:boogiesas@yahoo.co.uk)**