Illegal Procedure

拍数: 32

级数: Intermediate

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音乐: Fish Ain't Bitin' - David Lee Murphy

STOMP, KICK, STOMP, KICK, STOMP, KICK, KICK BACK, 1/2 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 1/2 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

- Step left on left foot; step behind right foot with left 9-10
- 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 1/4 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 1/4 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 1/4 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





墙数:4