

West Time

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Belén Márquez (ES) - August 2016

Musik: Wasted Time - Keith Urban



Intro: 10 seconds

S1: LINDI SHUFFLE

- 1&2 Step Right Side, Steo Left Together, Step Right Side
- 3-4 Rock Left Back, Recover
- 5&6 Step Left Side, Step Right Together, Step Left Side
- 7-8 Rock Right Back, Recover

S2: KICK BALL STEP, SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE BACK

- 1&2 Kick Right Forward, Step Right Together, Step Left Forward
- 3&4 Step Right Forward, Step Left Together, Step Right Forward
- 5-6 Rock Left Forward, Recover
- 7&8 Step Left Back, Step Right Together, Step Left Back

S3: WALK BACK, COASTER STEP, TURN ¼ R & 2 DIGS, TURN ¼ R & SWAY R, SWAY L

- 1-2 Step Right Back, Step Left Back
- 3&4 Step Right Back, Step Left Together, Step Right Forward
- 5&6 Turn ¼ Right & Make 2 Digs with de left foot (in diagonally left)
- 7-8 Turn ¼ Right & Sway Right, Sway Left

S4: WIZARD R&L, ROCKIN' CHAIR

- 1-2& Step Right Forward, Lock Left Behind Right, Step Right Forward
- 3-4& Step Left Forward, Lock Right Behind Left, Step Left Forward
- 5-6 Rock Right Forward, Recover
- 7-8 Rock Right Back, Recover

S5: KICK BALL TOUCH (L-R-F), TOUCH TOE FORWARD & HIP BUMPS

- 1&2 Kick Right Forward, Step Right Together, Touch Left Toe to Side
- 3&4 Kick Left Forward, Step Left Together, Touch Right Toe to Side
- 5&6 Kick Right Forward, Step Right Together, Touch Left Toe Forward
- 7&8 Step Left Together, Touch Right Toe Forward & Hip Bump Right, Hip Bump Right

S6: SHUFFLES BACK, STEPS BACK

- 1&2 Step Right Back, Step Left Together, Step Right Back
- 3&4 Step Left Back, Step Right Together, Step Left Back
- 5-6 Step Right Back, Step Left Back
- 7-8 Step Right Back, Step Left Back

RESTART - WALL 2

S7: COASTER STEP, SHUFFLE FORWARD, PIVOT TURN FORWARD, SHUFFLE FORWARD

- 1&2 Step Right Back, Step Left Together, Step Right Forward
- 3&4 Step Left Forward, Step Right Together, Step Left Forward
- 5-6 Turn ½ Left and Step Right Back, Turn ½ Left and Step Left Forward
- 7&8 Step Right Forward, Step Left Together, Step Right Forward

S8: MAMBO ¼ L, CROSS MAMBO, CROSS SHUFFLE, TURN ¼ L, TURN ¼ L

- 1&2 Rock Left Forward, Recover, Turn ¼ Left and Step Left to Side
- 3&4 Cross Rock Right Over Left, Recover, Step Right To Side

5&6

Cross Shuffle Left, Right, Left

7-8

Turn $\frac{1}{4}$ Left and Step Right Back, Turn $\frac{1}{4}$ Left and Step Left to Side

REPEAT

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