

Don't Waste Your Time

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Gary Steele (UK)

Musik: Wake Me Up - Girls Aloud



WALK, WALK, KICK AND HEEL, AND TOUCH AND FLICK, AND SHUFFLE STEP

- 1-2 Walk forward right, left
- 3&4 Kick right foot forward, step down on right foot, dig left heel in front
- & Step left down in place
- 5&6 Touch right next to left, step back on right, flick the left leg behind
- & Step left down in place
- 7&8 Shuffle forward right

MAMBO FORWARD, WALK BACK TWICE, JAZZ BOX ¼

- 1&2 Left forward mambo
- 3-4 Walk back right, left. (alternative - moonwalk back right left.)
- 5-6 Cross right over left, step left back
- 7-8 Making a ¼ turn right step right to right side, step left next to right

POINT FORWARD, SIDE, ½ MONTEREY, POINT, GRIND HIPS ROUND TO THE LEFT MAKING A ¼ TURN, AND TOUCH AND TOUCH

- 1-2 Point right foot forward, out to the side
 - 3-4 Close right foot making a ½ turn right, point left to left side
 - 5-6 (Weight is on right leg) grind your hips round to the left making a ¼ turn left
- Move the hips in a circular motion to the left**
- &7 Step down on left foot, touch right next to left
 - &8 Step down on right foot, touch left next to right.

AND ROCKING CHAIR, ½ PIVOT TWICE

- &1-2 Step down on left foot, forward rock on right foot, recover onto left foot
- 3-4 Rock back onto right foot, recover weight onto left
- 5-6 Step forward right, ½ pivot over left shoulder
- 7-8 Step forward right, ½ pivot over left shoulder

REPEAT

TAG

At the end of the second wall:

- 1-8 Hip bumps right, left, right, left, right, left, right, left