

# Wasting Your Emotions

**COPPER** **KNOB**  
STEPSHEETS

Count: 52

Wall: 4

Level: Improver / Easy Intermediate

Choreographer: Paige Curtis (AUS) & Kristy Curtis (AUS) - June 2023

Music: Lay All Your Love On Me - ABBA : (Album: ABBA Gold Greatest hits)



## Start on Heavy beat

### Step R, Touch, Step L, Touch, Walk Back R,L,R,L,

1,2,3,4 Step FWD RF, Touch LF to L Side, Step FWD LF, Touch RF to R Side.  
5,6,7,8 Walk Back R, L, R, L.

### Heel x 4

1,2,3,4 Heel R, tog, Heel L, tog,  
5,6,7,8 Heel R, tog, Heel L, tog,

### Vine R ¼ Turn R, Scuff L, Rock, Recover, L Coaster Step,

1,2,3,4 Step RF to R Side, Step LF Behind, Step RF FWD turning ¼ R, Scuff LF.  
5,6,7 & 8 Rock FWD on LF, Recover Back on RF, Step Back on LF, Step RF next to LF,

### 2 ½ R Pivots, Cross, Side, Sailor Step,

1,2,3,4 Step FWD on LF, Pivot ½ turn R, Step FWD on LF, Pivot ½ turn R, Step FWD LF.  
5,6,7 & 8 Cross RF Over LF, Step LF to L Side, Cross RF Behind LF, Rock LF to L Side, Step RF in Place,

### Cross, Side, Behind, Side, Cross, R Rocking Chair,

1,2,3 & 4 Cross LF Over RF, Step RF to R Side, Step LF Behind RF, Step RF to R Side, Cross LF Slightly Over RF.  
5,6,7,8 Rock FWD on RF, Back on LF, Rock Back on RF, Rock FWD on LF,

### R Jazz box, Walk R, Walk L, R Anchor Step

1,2,3,4 Cross RF Over LF, Step back on LF, Step RF to R Side, Step LF next to RF.  
5,6,7 & 8 Walk FWD RF, Walk FWD LF, Lock RF Behind LF, Step Weight on LF, Step Back on RF

### Walk back L, R, L Coaster Step

1,2,3 & 4 Walk Back LF, Walk Back RF, Step Back on LF, Step RF next to LF, Step FWD LF.

### TAG – Wall 6 & 10 after ½ pivots,

V Step 1,2,3,4 – Step out RF to R Diagonal FWD, Step out LF to L Diagonal FWD, Step RF to Centre Step LF to RF

### Restarts

Wall 3 28 count Pivots (9.00)

Wall 4 40 count Rocking chair (12.00)

Wall 6 28 count Pivots and V step (6.00)

Wall 8 28 count Pivots (12.00)

Wall 10 28 count and V step (6.00)

Last Update - 3 July 2023