

# Wasted

**COPPER** **KNOB**  
BY STEPHEN

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Garrett Boyd (USA) - October 2024

Music: Push Up - Brother Leo



## \*1 Restart on Wall 4

### Intro: 8 Counts

#### [1 – 8] WALK (X2), HIP BUMPS, WALK (X2), STEP OUT, SIDE PUSH

- 1 - 2 Walk forward R, L
- 3 & 4 Bump hip up to the right, recover hips, bump hip down to the right
- 5, 6 Walk forward R, L
- 7, 8 Big step out to right with R foot, push off R foot to left while turning  $\frac{1}{4}$  right (3:00)

#### [9 – 16] TURNING SHUFFLE (X2), KICK (X2), ROCK BACK, RECOVER

- 1 & 2 Step back while turning  $\frac{1}{4}$  over R shoulder, step L next to R, step forward on R while turning  $\frac{1}{4}$  over R shoulder (9:00)
- 3 & 4 Step forward while turning  $\frac{1}{4}$  over R shoulder, step R next to L, step back on L while turning  $\frac{1}{4}$  over R shoulder (3:00)
- 5, 6 Jump back on R and kick L, jump back on L and kick R
- 7, 8 Rock back on R, recover onto L foot

\*Restart happens here on Wall 4

#### [17 – 24] MODIFIED WIZARD , TURNING PONY STEP, TURN, HITCH, ROCK, RECOVER

- 1, 2 & Step R foot forward, lock L foot behind R, step forward on R ball of foot
- 3 & 4 Step forward on L while turning  $\frac{1}{4}$  right and hitching R knee, step back on R ball of foot while turning  $\frac{1}{4}$  right, step L next to R while turning  $\frac{1}{4}$  right and hitching R knee (12:00)
- 5, 6 Turn  $\frac{1}{4}$  right while stepping R foot to right, turn  $\frac{1}{4}$  over R shoulder while hitching L knee (6:00)
- 7, 8 Rock out to left, recover onto R

#### [25 – 32] CROSS ROCK, RECOVER, TOE GRIND, FULL TURN, COASTER STEP

- 1, 2 Cross L over R rocking right, recover onto R
- 3 - 4 Step out left taking weight on ball of L foot as you make a  $\frac{1}{4}$  turn left stepping back on R (3:00)
- 5, 6 Step back on L foot turning  $\frac{1}{2}$  over your R shoulder, step back on R foot continuing a  $\frac{1}{2}$  turn over R shoulder
- 7 & 8 Step back on L, step R next to L, step forward on L

If you try this one out, tag me on Instagram [@giraffically\\_speaking](#). I'd love to see it!

Check me out on YouTube [@GarrettBoydDance](#)

Last Update: 15 Oct 2024