

Beautiful Waste of Time

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver ECS

Chorégraphe: Christina Yang (KOR) - September 2014

Musique: Beautiful Waste of Time - Alexia Coley



Start the dance after 16 counts

SECTION1: KICK BALL CHANGE, KICK BALL CHANGE, SIDE LONG STEP, BACKWARD ROCK, RECOVER, SIDE STEP

- 1a2 LF forward kick, LF in place, weight transfer to RF,
- 3a4 LF forward kick, LF in place, weight transfer to RF
- 5-6 LF long step to L side
- 7a8 RF backward rock, LF recover, RF side step

SECTION2: BACKWARD ROCK, RECOVER, SIDE, 1/4 TURN TO R WITH BACKWARD ROCK, RECOVER, FORWARD, FORWARD SHUFFLE, FORWARD WALK(BEND OF KNEE), FORWARD KICK

- 1a2 LF backward rock, RF recover, LF side step
- 3a4 1/4 turn to R with RF backward rock, LF recover, RF forward walk
- 5a6 LF forward walk, RF half closed LF, LF forward walk
- 7-8 RF forward walk(bend of knee), LF forward kick

SECTION3: COASTER STEP, SIDE SHUFFLE, 1/4 TURN TO L WITH SIDE SHUFFLE, 1/4 TURN TO L WITH SIDE SHUFFLE

- 1a2 LF backward walk, RF closed LF, LF forward walk
- 3a4 RF side step, LF closed RF, RF side step
- 5a6 1/4 turn to L with LF side step, RF closed LF, LF side step
- 7a8 1/4 turn to L with RF side step, LF closed RF, RF side step

SECTION4: BACKWARD ROCK RECOVER, FORWARD WALK, 1/4 TURN TO R WITH SWIVEL(WEIGHT ON LF), IN PLACE, 1/4 TURN TO L WITH SWIVEL(WEIGHT ON RF), BACKWARD ROCK, RECOVER

- 1-2 LF backward rock, RF recover
- 3-4 LF forward, 1/4 turn to R with L heel swivel to L(weight on LF) and R knee straight with toe touch

(this action happens over counts 3-4 and smooth rolling hip action)

- 5-6 RF in place, 1/4 turn to L with R heel swivel to R(weight on RF) and L knee straight with toe touch

(this action happens over counts 5-6 and smooth rolling hip action)

- 7-8 LF backward rock, RF recover

NO TAG, NO RESTART

Contact - E-mail: chrisjj0618@yahoo.com - <http://www.youtube.com/user/thetrianglelinedance>