

# West Time

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Belén Márquez (ES) - August 2016

Musique: 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**

**Contact: [countrylatorre@hotmail.es](mailto:countrylatorre@hotmail.es)**

---