

# Beautiful Waste of Time

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver ECS  
编舞者: Christina Yang (KOR) - September 2014  
音乐: 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

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