

Wasted

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Waste Another Beer - OSMR



Intro: 48 counts, song starts with lyrics, but wait 48 counts to start

CROSS ROCK, ¼ TURN, ¼ TURN SHUFFLE, STEP, ½ PIVOT, FULL TURNING SHUFFLE

- 1-2 Cross rock right over left, recover weight back to left foot turning ¼ turn right
3&4 Pivot ¼ turn right stepping right foot to right forward, step left foot next to right, step right foot to right side
5-6 Step forward on left foot, pivot ½ turn right (weight on right foot)
7&8 Pivot ¼ turn right stepping left foot to left side, pivot ½ turn right stepping right foot to right side, pivot ¼ turn right stepping left foot forward

EASIER OPTION:

ROCK, RECOVER, LOCK SHUFFLE BACK, ROCK, RECOVER, SHUFFLE FORWARD

- 1-2 Rock forward on right foot, recover weight back on left foot
3&4 Step back on right foot, step left foot next to right foot, step back on right foot
5-6 Rock back on left foot, recover weight back on right foot
7&8 Step forward on left foot, step right foot next to left, step forward on left foot
(Option: 7&8 Step forward on left, step forward on right, step forward on left) Walk, walk, walk

KICK, STEP, POINT, KICK, STEP, POINT, JAZZ BOX W/ ½ TURN RIGHT

- 1&2 Kick right foot forward, step right foot next to left, point left toe to left side
3&4 Kick left foot forward, step left foot next to right, point right toe to right side
5-8 Cross step right foot over left, pivot ¼ turn right stepping back on left foot, pivot ¼ turn right stepping right foot forward, step left foot to left side

RIGHT SAILOR, LEFT SAILOR W/ ¼ TURN, HEEL SWITCH, HEEL HOOK

- 1&2 Step right foot behind left foot, step left foot to left side, step right foot to right side
3&4 Pivot ¼ turn left stepping left foot behind right, step right foot to right side, step left foot to left side
5&6& Touch right heel forward, step right foot next to left, touch left heel forward, step left foot next to right
7&8& Touch right heel forward, cross right foot across left shin, touch right heel forward, step right foot next to left

HEEL SWITCH, HEEL HOOK, ROCK, RECOVER, ½ TURNING SHUFFLE, STEP

- 1&2& Touch left heel forward, step left foot next to right, touch right heel forward, step right foot next to left
3&4& Touch left heel forward, cross left foot across right shin, touch left heel forward, step left foot next to right
5-6 Rock forward on right foot, recover weight back on left foot
7&8& Pivot ¼ turn right stepping right foot to right side, step left foot next to right, pivot ¼ turn right stepping right foot forward, step left foot next to right

NOTE:

There are no Tags Or Restarts. The last 8 counts of the dance will occur prior to these extra holds.

At the end of wall 4 slight pause, wait for the music to kick back in to restart the dance.

At the end of wall 5 you will stop for about 6 counts, make sure your weight is on the left foot. You will then restart the dance when the music kicks back in.

