

Wasted

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tim Gauci (AUS) - September 2015
音乐: 3 AM - Meghan Trainor : (Album: Title - 3:07)



Begin dance on lyrics, 16 beats in

[1-8] □ STEP/SWEEP, CROSS, BACK, SIDE, CROSS, SIDE, ROCK, CROSS, ROCK, SIDE, CROSS, ¼, ¼, CROSS □

12&3&4& Step L fwd sweeping R fwd and over L, step R over L, step L back (&), step R to R, step L over R (&), step R to R, rock weight onto L (&) □ 12.00

56&7&8& Cross R over L, rock weight onto L, step R to R (&), cross L over R, making ¼ turn L step R back (&), making ¼ turn L step L to L, step R over L (&) □ 6.00

[9-16] □ SIDE/Drag, BACK, ROCK, SIDE/Drag, BEHIND, ¼, WALK, WALK, CROSS, SIDE, BEHIND, SIDE** □

12&34& Step L to L dragging R tog, step R back, rock weight fwd onto L (&), step R to R dragging L tog, step L behind R, making ¼ turn R step R fwd (&) □ 3.00

567&8& Walk L fwd/cross R, walk R fwd/cross L, cross L over R, step R to R (&), step L behind R, step R to R (&)** □ 3.00

[17-24] □ CROSS, ROCK, SIDE, CROSS, SIDE, ROCK, CROSS, SIDE/Drag, BACK, ROCK, SIDE/Drag, BEHIND, ¼ □

12&3&4& Step L over R, rock weight onto R, step L to L (&), cross R over L, step L to L (&), rock weight onto R, cross L over R (&) □ 3.00

56&78& Step R to R dragging L tog, step L back, rock weight fwd onto R (&), step L to L dragging R tog, step R behind L, making ¼ turn L step L fwd (&) □ 6.00

[25-32] □ SHUFFLE FWD RLR, ROCK, ½, FWD, ROCK, ¼, STEP, PIVOT, FWD, ROCK, TOG □

1&23&4 Shuffle fwd RLR/hitch L, step L back, making ½ turn R step R fwd (&), step L fwd/hitch R □ 12.00

5&6&78& Step R back, making ¼ turn L step L to L (&), step R fwd, pivot ½ turn L (&), step R fwd/hitch L, rock weight back onto L, step R tog (&) □ 3.00

[32] Beats - Repeat dance in new direction □

Restart: on wall 2 dance up to beat 16&** and Restart dance from beginning facing 12.00 wall

Enjoy

© Free to be copied provided no changes are made to the original