

# West Time

拍数: 64      墙数: 4      级数: Improver  
编舞者: Belén Márquez (ES) - August 2016  
音乐: 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**

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