

Wasted Time

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Marion Van Weert (FR) - September 2017
音乐: Wasted Time - Keith Urban



Intro: 16 count

RUMBA BOX FORWARD, ¼ TURN LEFT, RUMBA BOX BACK, VINE LEFT, TOE STRUT ½ TURN LEFT WITH BUMP

1 LF side left
& RF together
2 LF forward
3 RF ¼ turn left + RF side right 09Hr
& LF together
4 RF back
5 LF side left
& RF cross behind LF
6 LF side left
7 RF touch forward with bump forward
& --- bump back
8 RF ½ turn left , drop right heel to floor 03Hr

SYNCOATED MONTEREY ¼ TURN LEFT & HEEL LEFT & TOUCH RIGHT (X2)

9 LF touch to left
& LF ¼ turn left, LF together next to RF 12Hr
10 RF touch to right
& RF together next to LF
11 LF heel forward
& LF together next to RF
12 RF touch next to LF
& RF drop right heel to floor
13 LF touch to left
& LF ¼ turn left, LF together next to RF 09Hr
14 RF touch to right
& RF together next to LF
15 LF heel forward
& LF together next to RF
16 RF touch next to LF

RIGHT SCISSOR & CROSS & TOUCH & TOUCH & TOUCH & KICK & BIHIND SIDE CROSS & TOUCH & TOUCH & TOUCH & KICK

17 RF side to right
& LF slide next to RF
18 RF cross front LF
& LF side to left
19 RF cross front LF
& LF touch side left
20 LF touch next to RF
& LF touch side left
21 LF kick to left diagonal
& LF cross behind RF
22 RF side to right

& LF cross front RF
23 RF touch side right
& RF touch next to LF
24 RF touch side right
& RF kick to right diagonal

VAUDEVILLE RIGHT & VAUDEVILLE LEFT ¼ TURN LEFT & VAUDEVILLE RIGHT & CROSS, UNWIND ½ TURN RIGHT

25 RF cross front RF
& LF back
26 RF heel forward
& RF together
27 LF cross front RF
& RF ¼ turn left, RF back 12Hr
28 LF heel forward
& LF together
29 RF cross front LF
& LF back
30 RF heel forward
& RF together
31 LF touch cross front RF
32 LF+RF unwind ½ turn right 06Hr

MAMBO RIGHT ½ TURN RIGHT, MAMBO LEFT ¼ TURN LEFT, MAMBO RIGHT ½ TURN RIGHT, STEP PIVOT ½ TURN LEFT STEP

33 RF rock forward
& LF recover
34 RF ½ turn right, RF forward 12Hr
35 LF rock forward
& RF recover
36 LF ¼ turn left , LF forward 03Hr
37 RF rock forward
& LF recover
38 RF ½ turn right, RF forward 09Hr
39 LF forward
& LF+RF pivot ½ turn right 03Hr
40 LF forward

STEP LOCK STEP RIGHT FORWARD & STEP LOCK STEP LEFT FORWARD & STEP, ½ TURN RIGHT & SMALL OUT - OUT, APPEL JACK

41 RF forward to right diagonal
& LF lock back RF
42 RF forward to right diagonal
& LF forward to left diagonal
43 RF lock back LF
& LF forward to left diagonal
44 RF forward
45 LF ½ turn right, LF back 09Hr
& RF small out to right
46 LF small out to left
& LF+RF left heel to right + right toe to right
47 LF+RF bring back to the center
& RF+LF right Heel to left + left toe to left
48 RF+LF bring back to the center

WALKS RIGHT - LEFT, STEP PIVOT ½ TURN LEFT STEP, (SWITCH STEP AND TOE), SCISSOR LEFT

49 RF forward
50 LF forward
51 RF forward
& RF+LF pivot ½ turn left 03Hr
52 RF forward
& LF forward
53 RF touch next to de LF
& RF forward
54 LF touch next to de RF
55 LF side to left
& RF slide next to LF
56 LF cross front RF

½ TURN LEFT CROSS, SIDE MAMBO LEFT ¼ TURN RIGHT, ½ TURN LEFT RIGHT & ¼ TURN LEFT & ¼ TURN LEFT, KICK & SIDE TOUCH & TOUCH TOGETHER

57 RF ¼ turn left on LF, RF back 06Hr
& LF ¼ turn left on RF, LF forward 09Hr
58 RF cross front LF
59 LF rock side left
& RF recover with ¼ turn rights 12Hr
60 LF forward
61 RF ½ turn left on LF, RF back 09Hr
& LF ¼ turn left on RF, LF side left 06Hr
62 RF ¼ turn left on LF, RF forward 03Hr
63 LF kick forward
& LF touch side left
64 LF touch next to RF

RESTART : At the 2nd wall, after the count 48 (06Hr) Restart the dance.

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