

Don't Waste It

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Donna Manning (USA) - December 2017
音乐: Don't Get Better Than That - LOCASH



#16 count intro

****2 Tags and an Ending (both Tags and ending happen facing the front – after walls 4 and 8 and 12)**

Sec. 1: Step Back, Drag, Ball-Step, Walk, Rock, Recover, ½, ½

1-2, &3 Big step back L, drag R to L, step down on ball of R, step L fwd
4,5,6 Step R fwd, rock fwd on L, recover to R
7,8 ½ turn L stepping L fwd, ½ turn L stepping R back (12:00)

Sec. 2: ¼ Turn L, Heel Jack, Pause, Ball-Step, Kick, Coaster Step

1,2&3,4 ¼ L stepping L to L side, R behind L, step L slightly to L side, present R heel to fwd R diagonal, pause
&5-6 (On the diagonal 10:30) Quickly bring R back to center, step L to diagonal, kick R to diagonal
7&8 Step R back, bring L to R, step R to diagonal (9:00)

Sec. 3: Step, Pause, Ball-Step, Kick, Back Triple, ½ Turn L Triple (10:30 to 4:30)

1-2, &3, 4 Step L to fwd diagonal, pause, step ball of R next to L, step L to diagonal, kick R fwd (10:30)
5&6 Step R back, bring L heel to R instep, step R back (start turning L shoulder back)
7&8 ¼ turn L stepping L to side, bring R to L, ¼ turn L stepping L fwd (4:30) (3:00 wall)

Sec. 4: Modified Montereys, Step, ½ Turn, Step, Hitch

Working on the 3:00 wall – keeping tummy and booty tight

1,2,3,4 Touch R to R side, ½ turn R (over your back of R shoulder) sliding R leg right under your butt taking weight to R under center (9:00) Touch L to L side, ½ turn L (over your back of L shoulder) sliding L leg right under your butt taking weight to L under center (3:00)
5,6,7,8 Step R fwd, ½ turn L taking weight to L, step R fwd, hitch L (9:00)

TAG: 8 count Tag: After walls 4 & 8 both facing front

1,2,3,4 Walk back L,R,L touch R next to L
5,6,7,8 Walk fwd R,L,R, hitch L

Ending – 3rd time beginning on the front: 1st 5 counts of beginning of dance with stomp on 5