

Wasted Time

拍数: 48 墙数: 4 级数: Improver
编舞者: Emily Ferrese (USA) & Donald Spellman (USA) - July 2023
音乐: Time In This Truck - Tayler Holder



Count In: 16 counts. No Tags, 1 Restart.

[1-8] Side rock, Cross Shuffle, Side rock, Cross Shuffle.

1-2 - Rock RF to R side (1), Recover onto LF (2) 12:00
3 & 4 - Cross RF over LF (3), Step LF to L side (&), Cross RF over LF (4) 12:00
5-6 - Rock LF to L side (5), Recover onto RF (6) 12:00
7 & 8 - Cross LF over RF (7), Step RF to R side (&), Cross LF over RF (8) 12:00

[9-16] Points with hold, Sailor Step ¼ Turn Left, Hold, Ball step.

1-2 - Point RF to R side (1), Hold (2) 12:00
& 3-4 - Bring RF next to LF (&), Point LF to L side (3), Hold (4) 12:00
5 & 6 - Turn ¼ stepping LF to L side (5), Step RF next to LF (&), Step LF forward (6) 9:00
7 & 8 - Hold LF (7), Bring RF next to LF (&), Step LF forward (8) 9:00

[17-24] Rock Recover, Shuffle ½ Turn Right, ½ Turn, Shuffle.

1-2 - Rock RF forward (1), Recover onto LF (2) 9:00
3 & 4 - Turning ½ over right shoulder Step RF (3), Step LF next to RF (&), Step RF forward (4) 3:00
5-6 - Step LF forward (5), Pivot ½ over right shoulder (6) 9:00
7 & 8 - Step LF forward (7), Step RF next to LF (&), Step RF forward (8) 9:00

[25-32] Cross, Step, Sailor, Cross, Step, Sailor.

1-2 - Cross LF over RF (1), Step RF next to LF (2) 9:00
3 & 4 - Step LF back (3), Step RF next to LF (&), Step LF forward (4) 9:00
5-6 - Cross RF over LF (5), Step LF next to RF (6) 9:00
7 & 8 - Step RF back (7), Step LF next to RF (&), Step RF forward (8) 9:00

Restart on wall 3 (facing 12:00)

[33-40] Cross, Side, Behind, ¼ Turn Left, Step Pivot ½ Turn, Turn ¼ Left, Drag.

1-2 - Cross RF over LF (1), Step LF to L side (2) 9:00
3-4 - Cross RF behind LF (3), Turn ¼ and step LF forward (4) 6:00
5-6 - Step RF forward (5), Pivot ½ turn over left shoulder (6) 12:00
7-8 - Turn ¼ stepping RF to R side (7), Drag LF to RF keeping weight on RF (8) 9:00

[41-48] Sailor Step x 2, ½ Turn Right, Triple Step.

1 & 2 - Step LF back (1), Step RF next to LF (&), Step LF forward (2) 9:00
3 & 4 - Step RF back (3), Step LF next to RF (&), Step RF forward (4) 9:00
5-6 - Step LF forward (5), Pivot ½ turn over right shoulder (6) 3:00
7 & 8 - Step LF forward (7), Step RF next to LF (&), Step RF forward (8)

Optional Styling: Triple spin in place of shuffle

Start Over! Enjoy!