

Time Well Wasted

拍数: 32 墙数: 4 级数: Intermediate nightclub
编舞者: Steve Mason (UK) & Claire Ball (UK)
音乐: Time Well Wasted - Brad Paisley



FORWARD, ½ RHUMBA BOX, SHUFFLE ¼ LEFT, ½ PIVOT, ½ TURN, ROCK BACK, RECOVER, FORWARD

- 1 Step forward on left foot
- 2&3 Step right foot to right side, step left foot next to right foot, step back on right foot
- 4&5 Step left foot to left side, step right foot beside left foot, ¼ turn left stepping forward on left foot
- 6&7 Step forward on right foot, ½ pivot turn left, ½ left stepping back on right foot
- 8&9 Rock step back on left foot, recover weight to right foot, step forward on left foot

FORWARD, RECOVER, ¼ TURN, SIDE, BACK, ¼ TURN, BACK, ¼ TURN, FORWARD, STEP ¼, CROSS

- 10&11 Rock step forward on right foot, recover weight to left foot, ¼ turn right taking long step to right side
- 12&13 Rock step left foot behind right foot, recover weight to right foot, ¼ turn right stepping back on left foot
- 14&15 Rock step back on right foot, recover weight to left foot, step forward on right foot
- 16&17 Step forward on left foot, ¼ turn right, cross step left foot over right foot

SWAY, SWAY, BEHIND, SIDE, CROSS, ¼ TURN, ¼ TURN, FORWARD, ROCK FORWARD

- 18-19 Sway right stepping right foot to right side, sway left
- 20&21 Cross step right foot behind left foot, step left foot to left side, cross step right foot over left foot
- 22&23 ¼ turn right stepping back on left foot, ¼ turn right stepping right foot to right side, step forward on left foot
- 24 Rock step forward on right foot

RECOVER, BALL CROSS, BACK, ¼ SWEEP, SAILOR STEP, FORWARD, ½ PIVOT, FORWARD

- 25&26 Recover weight to left foot, step back on right foot, lock step left foot over right foot
- &27 Step back on right foot, sweep left foot ¼ turn left
- 28&29 Step left foot behind right foot, step right foot to right side, recover weight to left foot
- 30-31-32 Step forward on right foot, pivot ½ turn left, step forward on right foot

REPEAT

TAG & RESTART

On wall 3, dance through step 19 (18 sway right, 19 sway left). Then on count 20 step right foot next to left foot, and start the dance from the beginning facing 12:00 wall