

Wasted

拍数: 32 墙数: 4 级数: Improver
编舞者: Audrey Watson (SCO)
音乐: Wasted - Carrie Underwood



SIDE DRAG TOUCH, BALL CROSS SIDE, REVERSE ½ TURN, KICK BALL CROSS

1-2 Step right to right/side, drag left towards right touch left next right
&3-4 Step down on ball of left, cross right over left, step left to left/side
5-6 Point right toe back, reverse ½ turn right (weight on right)
7&8 Kick left foot forward, step down on left, cross right over left

SIDE DRAG TOUCH, BALL CROSS SIDE, ¼ TURN SAILOR STEP, WALK, WALK

1-2 Step left to left/side, drag right towards left touch right next left
&3-4 Step down on ball of right, cross left over right, step right to right/side
5&6 Swing left round behind right turning ¼ left, step right to right/side, step left to left/side
7-8 Walk forward on right, left

Restart the dance here on wall 8

CROSS BACK, & BACK, & BACK, BALL CROSS BACK, & BACK, & BACK

1-2 Cross right over left, step back on left
&3&4 Step back on right, touch left next right, step back on left, touch right next left
&5-6 Step down on ball of right, cross left over right, step back on right
&7&8 Step back on left, touch right next left, step back on right. Touch left next right

ROCK STEP, STEP LOCK, SHUFFLE, STEP TOUCH, BALL STEP, SWEEP ½ TURN TOUCH

&1-2 Rock back on left, step forward on right, lock left behind right
3&4 Shuffle forward on right, left, right
5-6 Step forward on left, touch right next left
&7-8 Step down on ball of right, step forward on left, sweep right out and round ½ turn left, touch right next left

REPEAT

RESTART

Restart after count 16 on wall 8 when using the Carrie Underwood track