

# Favourite Waste Of Time

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Dee Musk (UK) - September 2008  
音乐: My Favourite Waste of Time - Owen Paul



Approx 3mins 28 secs - 32 Count Intro - start just after main vocals. Approx 16 seconds.

## **Cross Back, Side Shuffle, Cross Back Side Shuffle.**

1,2            Cross step R over L, step back on L.  
3&4           Step R to R side, close L beside R, step R to R side.  
5,6            Cross step L over R, step back on R.  
7&8           Step L to L side, close R beside L, step L to L side. (12 o'clock).

## **Walk, Step ½ Turn R, Step, Skate R, L, R, L.**

1-2            Walk forward R, step forward on L.  
3-4            Make a ½ turn R, step forward on L.  
5-8            Travelling forward skate, R, L, R, L. (6 o'clock).

## **Back Rock, Side Shuffle, Cross Rock, Side Together ¼ Turn L.**

1,2            Cross rock R behind L, recover weight to L.  
3&4            Step R to R side, close L beside R, step R to R side.  
5-6            Cross rock L over R, recover weight to R.  
7&8            Step L to L side, close R beside L, make a ¼ turn L stepping forward on L. (3 o'clock).

## **Step ½ Turn L, Kick Ball Change, Step Kick, Coaster Step.**

1,2            Step forward on R, make a ½ turn L.  
3&4            Kick R foot forward, step down on R, step down on L.  
5,6            Step forward on R, kick L foot forward.  
7&8            Step back on L, close R beside L, step forward on L. (9 o'clock).

**Sing Along and Enjoy Luv Dee xx**

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