

# Wasted Days & Nights

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: John Warnars (NL) - October 2011  
音乐: Wasted Days, Wasted Nights - LeAnn Rimes : (CD: Lady & Gentlemen)



Intro 16 counts (0:14 sec.)

**(01 – 09) STEP ¼ TURN R, L STEP, ½ TURN R, ¼ TURN R, SAILOR CROSS, DIAG. L ROCK, RECOVER, L COASTER CROSS;**

- 1            RF step with ¼ turn right forwards (3)
- 2            LF step forwards
- &            RF+LF make a ½ turn right (9)
- 3            LF step with ¼ turn right to left side (12)
- 4            RF cross step behind LF
- &            LF step to left side
- 5            RF cross step over LF
- 6            LF rock diagonal left forwards (push)
- 7            RF rock back on RF
- 8            LF step backwards
- &            RF step next to RF
- 1            LF cross step over RF

**(10 – 17) FULL RUMBA BOX, ROCK, RECOVER, ½ SHUFFLE TURN R;**

- 2            RF step to right side
- &            LF step next RF
- 3            RF step backwards
- 4            LF step to left side
- &            RF step next LF
- 5            LF step forwards
- 6            RF rock forwards
- 7            LF rock back on LF
- 8            RF step with ¼ turn to right side (3)
- &            LF step next RF
- 1            RF step with ¼ turn right forwards (6)

**(18 – 25) L STEP, ½ TURN R, ¼ TURN R, R CROSS SHUFFLE, ROCK SWAYS L+R, SIDE SHUFFLE ¼ TURN L;**

- 2            LF step forwards
- &            RF+LF make a ½ turn right (12)
- 3            LF step with ¼ turn right to left side (3)
- 4            RF cross step over LF
- &            LF step next RF
- 5            RF cross step over LF
- 6            LF rock/sway to left side
- 7            RF sway to right side (weight on RF)
- 8            LF step to left side
- &            RF step next LF
- 1            LF step with ¼ turn left forwards (12)

**(26 – 32&) R STEP, ½ SWIVEL L, ½ SWIVEL R, ¼ SWIVEL L, L SAILOR STEP, ROCK ¼ TURN R;**

- 2            RF step forwards
- 3            LF+RF ½ swivel turn left & slightly bending knees (6) (weight on RF)

- 4 RF+LF ½ swivel turn right & stretching legs (12) (weight on LF)
  - 5 LF+RF ¼ swivel turn left (9) (weight on RF)
  - 6 LF cross step behind RF
  - & RF step to right side
  - 7 LF step to left side
  - 8 RF cross rock over LF
  - & LF rock back on LF
  
  - 1 RF start again (step with ¼ turn right forwards)
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