

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 $\frac{1}{2}$ swivel turn right & stretching legs (12) (weight on LF)
 - 5 LF+RF $\frac{1}{4}$ 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 $\frac{1}{4}$ turn right forwards)
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