

Waste My Time

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Vikki Morris (UK) - June 2012
音乐: Time With You - Marc Robillard : (CD: Singer Songwriter - V.A. 2010 - iTunes)



16 count intro. Start on the word "day")

R Side Touch L, L Side Touch R, R Side Together Forward Touch L

1&2& Step Right to Right Side, Touch Left to Right, Step Left to Left Side, Touch Right to Left
3&4& Step Right to Right Side, Step Left to Right, Step forward Right, Touch Left to Right

L Side Touch R, R Side Touch L, L Side Together Forward Scuff R

5&6& Step Left to Left Side, Touch Right to Left, Step Right to Right Side, Touch Left to Right
7&8& Step Left to Left Side, Step Right to Left, Step forward Left, Scuff Right

Forward R Rock Recover ½ Turn R, Scuff, L Lock Step Forward, R Sweep

1&2& Rock forward on Right, Recover on Left, Turn ½ Turn Right stepping forward Right, Scuff Left
3&4& Step forward on Left, Lock Right behind Left, Step forward on Left, Sweep Right in front of Left

R Cross, L Back, ¼ R, Cross, Extended Weave R

5&6& Cross Right over Left, Step back Left, Turn ¼ Turn Right stepping Right, Cross Left over Right
7&8& Step Right to Right Side, Cross Left behind Right, Step Right to Right Side, Cross Left over Right

****RESTART 1 ****

R Rock Recover Cross, L Rock ¼ Turn R, Step Forward Left, Triple Full L Turn Forward, Step Pivot ¼ Turn Right Cross

1&2 Rock Right to Right side, Recover on Left, Cross Right over Left
3&4 Rock Left to Left side, Recover on Right as you turn ¼ turn Right, Step forward Left

****RESTART 2 With Scuff****

5&6 Turn ½ turn Left stepping back Right, Turn ½ turn Left stepping forward Left, Step forward Right
7&8 Step forward Left, Pivot ¼ turn Right, Cross Left over Right
(non turning option for 5&6 – right shuffle forward)

R Ball Cross, R Sweep, L Sweep, L Cross, Back R, L, Cross R, L Coaster Cross, Hip Bumps

&1&2 Step Right slightly to Right, Cross Left over Right, Sweep Right around to front, Cross Right over Left
&3 Sweep Left around to front, Cross Left over Right
&4& Step back Right, Step back Left, Cross Right over Left (body will be angled to Left diagonal)
5&6& Step back Left, Step Right to Left, Cross Left over Right, Little hitch Right
7&8& Stepping Right bumps hips Right, Left, Right, Left (weight ending on Left)

There are two restarts (sorry).

Restart one is on wall 2 after count 16& (extended weave), you will be facing the 12 o clock wall when this happens.

Restart two is on wall 8 after 20 counts (rock, ¼ turn right, step forward left), Just scuff your Right and restart the dance, you will be facing the 3 o clock wall when this happens.

To finish the dance you will do the extended weave facing the back wall, then do a Right rock and cross unwind ½ turn left to face the front.

Oh yeah, one more thing, DON'T FORGET TO SMILE!!!!
