

Beautiful Waste of Time

COPPER **NOB**
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Improver ECS
編舞者: Christina Yang (KOR) - September 2014
音樂: Beautiful Waste of Time - Alexia Coley



Start the dance after 16 counts

SECTION1: KICK BALL CHANGE, KICK BALL CHANGE, SIDE LONG STEP, BACKWARD ROCK, RECOVER, SIDE STEP

1a2 LF forward kick, LF in place, weight transfer to RF,
3a4 LF forward kick, LF in place, weight transfer to RF
5-6 LF long step to L side
7a8 RF backward rock, LF recover, RF side step

SECTION2: BACKWARD ROCK, RECOVER, SIDE, 1/4 TURN TO R WITH BACKWARD ROCK, RECOVER, FORWARD, FORWARD SHUFFLE, FORWARD WALK(BEND OF KNEE), FORWARD KICK

1a2 LF backward rock, RF recover, LF side step
3a4 1/4 turn to R with RF backward rock, LF recover, RF forward walk
5a6 LF forward walk, RF half closed LF, LF forward walk
7-8 RF forward walk(bend of knee), LF forward kick

SECTION3: COASTER STEP, SIDE SHUFFLE, 1/4 TURN TO L WITH SIDE SHUFFLE, 1/4 TURN TO L WITH SIDE SHUFFLE

1a2 LF backward walk, RF closed LF, LF forward walk
3a4 RF side step, LF closed RF, RF side step
5a6 1/4 turn to L with LF side step, RF closed LF, LF side step
7a8 1/4 turn to L with RF side step, LF closed RF, RF side step

SECTION4: BACKWARD ROCK RECOVER, FORWARD WALK, 1/4 TURN TO R WITH SWIVEL(WEIGHT ON LF), IN PLACE, 1/4 TURN TO L WITH SWIVEL(WEIGHT ON RF), BACKWARD ROCK, RECOVER

1-2 LF backward rock, RF recover
3-4 LF forward, 1/4 turn to R with L heel swivel to L(weight on LF) and R knee straight with toe touch

(this action happens over counts 3-4 and smooth rolling hip action)

5-6 RF in place, 1/4 turn to L with R heel swivel to R(weight on RF) and L knee straight with toe touch

(this action happens over counts 5-6 and smooth rolling hip action)

7-8 LF backward rock, RF recover

NO TAG, NO RESTART

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