

Wasted Time

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lisa M. Johns-Grose (USA) - April 2016
音樂: Wasted Time - Keith Urban : (www.amazon.com)



#16 count intro.

R SIDE ROCK – L REC- R CROSS SHUFFLE- R HINGE ¼- R HINGE ¼- L CROSS SHUFFLE

1-2 Rock right to right, recover left
3&4 Cross shuffle right across left, stepping right, left, right
5-6 Step left back making ¼ turn right, step right forward making ¼ right
7&8 Cross shuffle left across right, stepping left, right, left

SWAY R – SWAY L – SHUFFLE ¼ TURN R- L ROCK FWD- R REC- L COASTER

1-2 Sway hips right, sway hips left
3&4 Shuffle right, left, right, making ¼ turn right
5-6 Rock left forward, recover back right
7&8 Step left back, step right next to left, step left forward

*** (Re-start here on wall 4)

WALK R- WALK L – R LOCK SHUFFLE FWD- STEP ½ R- STEP ½ R- L SHUFFLE FWD

1-2 Walk forward right, left
3&4 Step forward right, lock left behind right, step right forward
5-6 Step left ½ turn right, step right ½ turn right
7&8 Shuffle forward left, right, left

(Easy option: 5-6 Walk left, right)

R SIDE- L BEHIND- L HEEL JACK & R ACROSS- L SIDE- R BEHIND- R HEEL JACK & L ACROSS

1-2 Step right to right, step left behind right
&3&4 Step back on right, touch left heel forward, step left next to right, step right across
5-6 Step left to left, step right behind left
&7&8 Step back on left, touch right heel forward, step right next to left, step left across right

BEGIN AGAIN!!

**** During wall 4, dance 16 counts, then begin the dance (Re-start) again facing front - 12:00 o'clock

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