

Wasted Time

拍數: 32
編舞者: Betty Alart (FR) - April 2016
音樂: Wasted Time - Keith Urban

牆數: 2

級數: Intermediate Polka



Section 1 : Chasse *4, full turn, 1/2 turn sweeping, sailor step

1 RF□ 1/8 Turn R step forward (1.30)
& LF□ Step together
2 RF□ Step forward
& LF□ Step together
3 RF□ Step forward
& LF□ Step together
4 RF □ Step forward
& RF□ Together, turn R
5 RF□ Step forwards
& LF□ Together, 1/2 turn R
6 RF□ Sweep from front to back
7 RF□ Cross behind LF
& LF□ Step L
8 RF□ Step R

Section 2 : Cross, 1/4 turn L, Hitch backwards *3, slide, 1/8 L Heel & touch back□

1 LF□ Cross in front of RF
2 RF□ 1/4 turn L, step backwards (03:00)
& LF□ Hitch
3 LF□ Step backwards
& RF□ Hitch
4 RF□ Step backwards
& LF□ Hitch 1/4 turn L (12:00)
5 6 LF□ Slide L
7 RF□ 1/8 turn left, heel forwards (10:30)
& RF□ Together
8 LF□ Touch back

Section 3 : Touch L & R, Bend knees, come up, Step L 1/2 turn R, shuffle L

1 LF□ Touch L
& LF□ Together
2 RF□ Touch R
& RF□ Together
3 BF□ Bend knees
4 BF□ Come up
5 LF□ step forwards
6 RF□ 1/2 turn R, step forwards (04:30)
7 LF□ step forwards
& LF□ Together
8 RF□ step forwards

Section 4 : Cross, step, sailor heel, full chaine turn L *2

1 RF□ Cross in front of LF
2 LF□ 1/8 turn R Step L(06:00)
3 RF□ Cross behind LF
& LF□ Step L

- 4 RF□Heel L
- & RF□Together, 1/8 turn R
- 5 LF□Step forwards, 1/4 turn L
- 6 LF□1/4 turn L, lift knee
- 7 RF□5/8 turn L together (09:00)
- &8 LF□Step forward, 1,5 full turn L (06:00)

TAG : 32 counts at wall 9

Section 1 : Heel RF ball step touch behind, step backwards, Heel LF together, apple jack, 1/2 turn apple jack, apple jack *2 □

- 1 RF□Heel forwards (06:00)
- & RF□together
- 2 LF□heel forwards
- & RF□Touch behind LF
- 3 RF□step back
- & LF□Heel forwards
- 4 LF□Together
- &5 RF □Apple jack with heel D
- &6 RF□1/2 turn L with Apple jack with heel G(12:00)
- &7 RF□Apple jack with heel D
- &8 LF□Apple jack with heel D

Section 2 : Hitch slide back, stomp *2, heel *2, hitch back, heel *2, stomp *2□ □

- 1 RF□Hitch R
- 2 RF□Slide back
- 3 LF□Stomp LF
- 4 RF□Stomp RF
- 5 LF□Cross heel in front of RF
- & LF□Heel side RF
- 6 LF□Hitch back, tap hand R with heel L
- & LF□Heel side RF
- 7 LF□Cross heel in front of RF
- & LF□Stomp LF
- 8 RF□Stomp RF

Section 3 : 1/8 turn step + 1/4 turn together *2, 1/8 turn + 3/8 turn together, Vaudeville *2

- 1 RF □1/8 turn L, step R (10:30)
- & LF□1/4 turn R, Together (01:30)
- 2 1/8 turn R, step L (03:00)
- & LF□1/4 turn R, Together (06:00)
- 3 RF □1/8 turn R, step R (07:30)
- 4 LF□3/8 turn R, Together (12:00)
- 5 RF □Cross in front of LF
- & LF□Step L
- 6 RF □Heel R
- & RF□Side of LF
- 7 LF□Cross in front of RF
- & RF□Step R
- 8 LF□Heel L

Section 4 : Kick ball rock step *2, 1/2 turn with swivel

- & LF□Together
- 1 RF□Kick forwards
- & RF□Step forwards

- 2& LF□step L, recover
- 3 LF□Kick forwards
- & LF□Step forwards
- 4& RF□Step R, recover
- 5 RF□Together
- & LF□1/8 turn R step forwards
- 6 BF□1/8 turn R swivel
- 7 BF□1/8 turn R swivel
- 8 LF□1/8 turn R swivel (06:00)

Contact : rocknat@wanadoo.fr

Last Update - 10th April 2016
