

# 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)

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Last Update - 10th April 2016

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