

Wasted Time

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Linda Sparks - April 2016
音樂: Wasted Time - Keith Urban



Intro: 16 counts.

WALK, WALK, TRIPLE, STEP, TURN ¼ R, CROSS, ¼ TURN, ¼ TURN

1&2 Step R forward (1), Step L forward (2)
3&4 Step R forward (3), Step L next to R (&), Step R forward (4)
5&6 Step L forward (5), Pivot ¼ R, stepping R to R (&), Cross L over R (6)
7,8 Turn ¼ R, stepping R back (7), Turn ¼ R, stepping L to L (8) (9:00)

¼ SCUFF, CROSS, STEP, STEP, SCUFF, CROSS, STEP, STEP, WEAVE, STOMP

1&2& Turn ¼ L, Scuff R (1), Cross R over L (&), Step L back (2), Step R to R (&)
3&4& Scuff L (3), Cross L over R (&), Step R back (4), Step L to L (&)
5&6& Cross R over L (5), Step L to L (&), Cross R behind L (6), Step L to L (&)
7&8 Cross R over L (7), Stomp L to L (&), Stomp R to R (8) (6:00)

BEHIND, SIDE, FORWARD, CHASE TURN, FULL TURN, ROCK, RECOVER, CROSS

1&2 Cross L behind R (1), Step R to R (&2), Step L forward (2)
3&4 Step R forward (3), Pivot ½ L, stepping L in place (&), Step R forward (4)
5,6 Turn ½ R, stepping L back (5), Turn ½ R, stepping R forward (6)

*Option: Walk forward L, R

7&8 Rock L to L (7), Recover onto R (&), Cross L over R (12:00)

TWIST FULL TURN, TOE SPLITS, TURNING ¼, HITCH, STEP, ½ TURNING SAILOR

1,2 On balls of feet, twist (bounce) ½ R (1), Twist ½ R (2) (FullTurn) (12:00)
3&4 Toe split, turning 1/8 R (3), Toes together (&), Toe split, turning 1/8 R (4) (wt on L) (3:00)
5&6 Hitch R (5), Hitch R (&) Step R back (6)
7&8 Turn ¼ L, crossing L behind R (7), Step R to R (&), Turn ¼ L, stepping L forward (8) (9:00)

Restart on Wall 4, Dance first 16 counts, last 2 counts (15, 16) change to full count, to start on R foot for Restart.

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Last Update – 9th June 2016