

Wasting Time

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Cody James Lutz (USA) - April 2016
音樂: Wasted Time - Keith Urban



#16 Count Intro

(1-8) □STEP BACK, COASTER, ½ PIVOT, ½ BACK SHUFFLE, ¼ OUT

12&3 Step back on R, step back on L, step R together with L, step forward on L (12)
45 Step forward on R, pivot ½ turn L taking weight on L(6)
6&7 Make a ½ turn L stepping back on R, step L together, step back on R (12)
8 Make a ¼ turn L stepping L to L side (9)

(9-16) □CROSS ROCK, SIDE, BALL, CROSSING SHUFFLE, QUICK ½ TURN OUT, HOLD, BALL-OUT

1&2& Cross R over L, recover weight to L, step R to R side, step ball of L next to R (9)
3&4 Cross R over L, recover weight to L, cross R over L (9)
5&6 Rock L to L side, make a ¼ turn R stepping R forward, make a ¼ turn R stepping L to L side (3)
7&8 Hold, step ball of R next to L, step L to L side (3)*

(Tip: Counts "5&6" is a quick right turn that feels almost like a chase-turn, but to the side instead of forward)
(Styling: On counts "7&8", you can add a side-bodyroll after the hold as you step to the left, where it fits the music)

(17-24) FULL TURN, BEHIND-SIDE-CROSS, SIDE-ROCK, BEHIND, ¼ TURN, STEP

12 Make a ½ turn R stepping R to R side, make a ½ turn R stepping L to L side (3)
3&4 Step R behind L, step L to L side, step R across L (3)
56 Rock L to L side, recover weight to R (3)
7&8 Step L behind R, make a ¼ turn R stepping R forward, step forward on L (6)

(25-32) KICKBALL ROCK, KICKBALL TOUCH, ¾ UNWIND, MAMBO

1&2& Kick R forward, step ball of R next to L, rock back on L, recover weight to R (6)
3&4 Kick L forward, step ball of L next to R, touch R to R side (6)
56 Step R behind L, ¾ unwind to R taking weight on R (3)
7&8 Step slightly forward on L, recover weight to R, step back on L (3)

*RESTART. 16 counts into Wall 4.

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