Wasted Time

拍數: 32

級數: Intermediate WCS

編舞者: David Linger (FR) - April 2016

音樂: Wasted Time - Keith Urban : (Album: Wasted Time - Single, track 1)

** In Memory of "Tata Mo" aka Maureen Jessop **

Start of dance : after 2x8 counts, on the word « coming » at 10 seconds...« The rain is COMing down tonight...»

Walks, Out-Out, R Kick, & Cross Triple, ¼ Turn Right with R Rock Forward, Recover on L, ½ Turn Right & R Step Forward

1 – 2	2 walks (R-L) forward
& 3	Step R (out) to the right side, step L (out) to the left side
4	Kick R forward to the right diagonal (body facing the right diagonal 1:30)
&	Step R (on the ball) next to L and slightly backward
5&6	Step L cross in front of R, step R to the right side, step L cross in front of R
7 & 8	$^{1\!\!4}$ turn right (3:00) and step R (rock) forward, recover on L, $^{1\!\!2}$ turn right (9:00) and step R forward

Walks, Out-Out, L Kick, & Cross Triple, ¼ Turn Left with L Rock Forward, Recover on R, ½ Turn Left & L Step Forward

1 – 2	2 walks (L-R) forward
& 3	Step L (out) to the left side, step R (out) to the right side
4	Kick L forward to the left diagonal (body facing the left diagonal 7:30)
&	Step L (on the ball) next to R and slightly backward
5&6	Step R cross in front of L, step L to the left side, step R cross in front of L
7 & 8	$\frac{1}{4}$ turn left (6:00) and step L (rock) forward, recover on R, $\frac{1}{2}$ turn left (12:00) and step L
	forward

Restart : on wall 4, facing 3:00, start the dance from the beginning

Syncopated R Rocking Chair, Walks, Heel Grind ½ Turn Right, R Step Beside L, L Point, ¼ Turn Left, R Point

- 1&2& Rock forward on R, recover on L, rock back on R, recover on L
- 3 42 walks (R-L) forward
- 5&6 Step R (on the heel) forward, ¹/₂ turn right (6:00) and step L back, step R next to L
- 7 & 8 Point L to the left side, ¼ turn left (3:00) and step L next to R, point R to the right side

R Kick, R Cross, L Side Rock, L Kick, L Cross, R Side Rock, R Kick, R Back, L Toe Strut, Swivel with ½ Turn Right

- & 1 & 2 Kick R to the left diagonal, step R cross in front of L, rock to the left side on L, recover on R
- & 3 & 4 Kick L to the right diagonal, step L cross in front of R, rock to the right side on R, recover on L
- 5 & 6 & Kick R forward, step R back, step L (on the ball) forward, drop heel L on the floor
- On the balls, swivel heels to the left side, return to the center, swivel again heels to the left by 7 & 8 making $\frac{1}{2}$ turn right (9:00) (weight on L)

BE COOL, SMILE & HAVE FUN !!!

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牆數:4