

Wasted Time

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: April Barker - January 2019
音樂: Wasted Time - Keith Urban



INTRO- 16 COUNTS

Start with lyrics, approx. :10 in

SECTION 1- Grapevine/step kicks

- 1,2 Step to the R, cross L behind R
3,4 Step onto R, then quickly do a heel kick into ground with L, put weight back onto L, and cross R in front of L
5,6 Step to the L onto L, cross R behind L
7,8 Step onto L, then quickly do a heel kick into the ground with R, put weight back onto R, and cross L in front of R

SECTION 2- Traveling full turn, steps forward, heel twists

- 1,2,3,4 Do a full turn while progressing to the R, RLRL
5,6 Step forward, LR, with feet together at the end
7&8 Twist on the ball of the foot, moving heels quickly RLR

SECTION 3- Toe taps, heel kicks

- 1,2 Toe tap R, Toe tap L
3,4 Heel kick R, Heel kick L
5,6 Tap L toe behind you twice
7,8 Scuff L and kick, turning $\frac{1}{4}$ to the right/clockwise before landing on L facing new wall

SECTION 4- Hip bumps

- 1,2 Bump hip out to the L twice
3,4 Bump hip out to the R twice
5,6 Bump hip L, then R
7&8 Bump hip out to the L twice

No Tag Or Restarts, continue to repeat walls until the song is finished.

Optional: We like to raise our hands in the air during section 4, and wave them back and forth as we shake our hips!