

Don't Waste Your Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Ansa Bingham (SA) - May 2021
音樂: Don't Waste Your Life - Danie Botha



#16 Count Intro - Start dancing on lyrics

S1: R & L LOCK STEPS (TO THE SLIGHT DIAGONAL)

1-4 R Step to the slight diagonal, lock L behind R, step R fwd, touch L next to R
5-8 L Step to the slight diagonal, lock R behind L, step L fwd, touch R next to L

S2: 4X ZIGZAG STEPS BACK WITH TOUCHES AND CLAPS

1-4 Zigzag steps back: Step back on R, touch L next to R. Step back on L, touch R next to L
5-8 Step back on R, touch L next to R. Step back on L, touch R next to L

S3: GRAPEVINE RIGHT, GRAPEVINE ¼ LEFT

1-4 Step R to the right, step L slightly behind R, step R to the right, touch L next to R
5-8 Sep L to the left, step R slightly behind L, make ¼ left stepping on L, brush R

S4: ROCKING CHAIR, V STEP

1-4 Rock R fwd, recover on L, step back on R, recover on L
5-8 Step fwd out out on R & L, step back together on R & L

End of dance, start again

No tags or restarts
