

Waste It

拍數: 48 牆數: 2 級數: Improver
編舞者: Daniel Trepát (NL) - July 2022
音樂: Waste It - Brandon Lay



Intro: 16 counts from first countable beat in music (app. 9 seconds into track)

Restart: In the 5th wall after 28 counts will be the restart

[1 – 8] Step ¼ Turn L, Shuffle Fwd, Step ½ Turn R, Shuffle Fwd

1 – 2 Step R forward (1), Turn ¼ L stepping onto L (2) 9:00
3&4 Step R forward (3), Step L next to R (&), Step R forward (4) 9:00
5 – 6 Step L forward (5), Turn ½ R stepping onto R (6) 3:00
7&8 Step L forward (7), Step R next to L (&), Step L forward (8) 3:00

[9 – 16] Rock Step, Cross Shuffle, Rock Step, Behind, ¼ Turn R, Step Fwd

1 – 2 Rock R to R side (1), Recover on L (2) 3:00
3&4 Cross R over L (3), Step L slightly to L side (&), Cross R over L (4) 3:00
5 – 6 Rock L to L side (5), Recover on R (6) 3:00
7&8 Cross L behind R (7), Turn ¼ R stepping R forward (&), Step L forward (8) 6:00

[17 – 24] Rocking Chair, Rock Step, Cross, Side

1 – 4 Rock R forward (1), Recover on L (2), Rock R back (3), Recover on L (4) 6:00
5 – 8 Rock R to R side (5), Recover on L (6), Cross R over L (7), Step L to L side (8) 6:00

[25 – 32] ¼ Turn R, Side, Cross, ¼ Turn L, Step Back, ½ Turn L, Step Fwd, Step ¼ Turn L, Cross, Side

1 – 2 Turn ¼ R stepping R to R side (1), Cross L over R (2) 9:00
3 – 4 Turn ¼ L stepping R back (3), Turn ½ L stepping L forward (4) 12:00

Restart: Here will be the restart in the 5th wall

5 – 6 Step R forward (5), Turn ¼ turn L stepping L to L side (6) 9:00
7 – 8 Cross R over L (7), Step L to L side (8) 9:00

[33 – 40] Weave L, Heel Bounces 2x with ¼ Turn L, Syncopated Rock & Side, Tap 2x

1&2 Cross R behind L (1), Step L to L side (&), Cross R over L (2) 9:00
3 – 4 Start turning ¼ L bouncing both heels (3), Finish turning ¼ L bouncing both heels (weight ends on R) (4) 6:00
5&6 Rock L behind R (5), Recover on R (&), Step L to L side (6) 6:00
7 – 8 Tap R heel (7), Tap R heel (8) 6:00

[41 – 48] Step Back 3x R L R, Touch, Kick Ball Step, Shuffle Fwd

1 – 2 Step R back (1), Step L back (2) 6:00
3 – 4 Step R back (3), Touch L next to R (4) 6:00
5&6 Kick L forward (5), Step L next to R (&), Step R forward (6) 6:00
7&8 Step L forward (7), Step R next to L (&), Step L forward (8) 6:00

Happy Dancing!