

Waste of Love

拍數: 32 牆數: 4 級數: High Intermediate NC2S
編舞者: Malene Jakobsen (DK) & Michael Lynn (UK) - March 2023
音樂: What I Put You Through - Conor Maynard : (Single)



Intro: 1 count from the very beginning 1 sec into track - dance begins with weight on R

Tag: There's 4 count tag, happens after wall 2, you'll be facing 6.00 o'clock

Restart: There's restart – happens on wall 6 after 16 counts, you'll be facing 6 o'clock

[1-8] Side, back rock, 1/4, 1/4 with sweep, cross, 1/8, back with sweep, cross 1/8, 1/2, 1/2

- &1-2 (&) Step L to L, (1) rock back on R, (2) recover onto L 12.00
- &3 (&) Turn 1/4 L stepping back on R, (3) turn 1/4 L stepping L to L sweeping R in front 6.00
- 4&5 (4) Cross R over L, (&) turn 1/8 R stepping back on L to L, (5) step back on R sweeping L from front to back 7.30
- 6&7 (6) Cross L behind R, (&) step fwd. on R, (7) step fwd. on L – this the start of a half turn 9.00
- 8& (8) Turn 1/2 R, (&) turn 1/2 R stepping back on L 9.00

[9-16] 1/4, touch, side, touch, R basic, side, touch, side, touch, 1/4 with sweep, cross

- 1&2& (1) Turn ¼ R stepping R to R, (&) touch L next to R, (2) step L to L, (&) touch R next to L 12.00
- 3-4& (3) Step R to R, (4) close L behind R, (&) cross R over L 12.00
- 5&6& (5) Step L to L, (&) touch R next to L, (6) step R to R, (&) touch L next to R 12.00
- 7-8 (7) Turn 1/4 L sweeping R from back to front, (8) cross R over L 9.00

NOTE: Your restart is here on wall 6, you'll be facing 6 o'clock

[17-24] Side, behind, side, cross, side, sailor full turn R, 1 1/2 turn L, cross, 1/8

- &1 (&) Step L to L, (1) cross R behind L 9.00
- 2&3 (2) Step L to L, (&) cross R over L, (3) step L to L (start to sweep to prep for a sailor full turn R) 9.00
- 4&5 (4&5) Make a sailor full turn, finish with stepping fwd. on R – then prep for reverse 1 1/2 turn L 9.00
- 6& (6) Turn 1/2 L, (&) turn ½ L stepping back on R, 9.00
- 7 (7) Turn 1/2 L stepping fwd. on L sweeping R from back to front 3.00
- 8& (8) Cross R over L, (&) turn 1/8 R stepping back on L 4.30

[25-32] Reversed rocking chair, back, sailor 1/4, rocking chair, fwd., cross, 1/8

- 1&2& (1) Rock back on R, (&) recover onto L, (2) rock fwd. on R, (&) recover onto L 4.30
- 3-4& (3) Step back on R sweeping L from front to back, (4) cross L behind R, (&) turn 1/4 R stepping fwd. on R 7.30
- 5&6& (5) Rock fwd. on L, (&) recover onto R, (6) rock back on L, (&) recover onto R 7,30
- 7-8 (7) Step fwd. on L sweeping R from back to front, (8) cross R over L 9.00

NOTE: When you finish a wall you're going to turn 1/8 R to start the dance again

Tag: Back rock, side, back rock

- 1-2& (1) Rock back on R, (2) recover onto L, (&) step R to R
- 3-4 (3) Rock back on L, (4) recover onto R