

No Time to Waste

拍數: 48 牆數: 4 級數:
編舞者: Sarah Jane Woodfield (UK) - April 2023
音樂: Giddy Up! - Shania Twain



- 1, 2 Step fwd L and R, bringing feet level and apart,
3&4 Shuffle diagonally back LRL
5, 6 Step back R and L, bringing feet level and apart,
7&8 Shuffle diagonally fwds RLR
- 9&10&11&12 Heel digs L and R, and crossing L over R, tap toe heel stomp,
13, 14 Step back on R and fwds on L making 2 x1/4 turns over L shoulder
15 & Step fwd L and R, bringing feet level and apart,
16 Step fwds onto R
- 17, 18 Step fwds on L and back on R making 2 x1/4 turns over R shoulder
19 & Step back L, Step back R, bringing feet level and apart
20 Tap L toe to instep
21 & 22 Skate fwds on L and clap x2
23 - 24 **Skate fwds on R and clap x2
- 25,26 &27&28 Syncopated GV to L, and crossing R over L, tap toe heel stomp
29, 30, 31&32 Rock L to L, replace R, cross shuffle LRL
- 33,34&35&36 Syncopated GV to R, and crossing L over R tap toe heel stomp
37, 38, 39&40 Rock R to R, replace L, cross shuffle RLR
- 41,42, 43&44 ***Toe grind on L (hip action) making 1/4 turn R, L kick ball step
45,46, 47&48 Toe grind on L (hip action) making 1/4 turn R, L kick ball step

**** Wall 2 - 1st restart after 24 count facing wall 12**

***** Wall 5 - 2nd restart after 44 count facing wall 9**

Wall 7 ends on count 8, so make a 1/4 turn L shuffle to end, stepping RLR
