

Wasted

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Garrett Boyd (USA) - October 2024
音樂: Push Up - Brother Leo



*1 Restart on Wall 4

Intro: 8 Counts

[1 – 8] WALK (X2), HIP BUMPS, WALK (X2), STEP OUT, SIDE PUSH

- 1 - 2 Walk forward R, L
- 3 & 4 Bump hip up to the right, recover hips, bump hip down to the right
- 5, 6 Walk forward R, L
- 7, 8 Big step out to right with R foot, push off R foot to left while turning ¼ right (3:00)

[9 – 16] TURNING SHUFFLE (X2), KICK (X2), ROCK BACK, RECOVER

- 1 & 2 Step back while turning ¼ over R shoulder, step L next to R, step forward on R while turning ¼ over R shoulder (9:00)
- 3 & 4 Step forward while turning ¼ over R shoulder, step R next to L, step back on L while turning ¼ over R shoulder (3:00)
- 5, 6 Jump back on R and kick L, jump back on L and kick R
- 7, 8 Rock back on R, recover onto L foot

*Restart happens here on Wall 4

[17 – 24] MODIFIED WIZARD , TURNING PONY STEP, TURN, HITCH, ROCK, RECOVER

- 1, 2 & Step R foot forward, lock L foot behind R, step forward on R ball of foot
- 3 & 4 Step forward on L while turning ¼ right and hitching R knee, step back on R ball of foot while turning ¼ right, step L next to R while turning ¼ right and hitching R knee (12:00)
- 5, 6 Turn ¼ right while stepping R foot to right, turn ¼ over R shoulder while hitching L knee (6:00)
- 7, 8 Rock out to left, recover onto R

[25 – 32] CROSS ROCK, RECOVER, TOE GRIND, FULL TURN, COASTER STEP

- 1, 2 Cross L over R rocking right, recover onto R
- 3 - 4 Step out left taking weight on ball of L foot as you make a ¼ turn left stepping back on R (3:00)
- 5, 6 Step back on L foot turning ½ over your R shoulder, step back on R foot continuing a ½ turn over R shoulder
- 7 & 8 Step back on L, step R next to L, step forward on L

If you try this one out, tag me on Instagram @giraffically_speaking. I'd love to see it!
Check me out on YouTube @GarrettBoydDance

Last Update: 15 Oct 2024