

Wastin' Time

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Beginner
編舞者: Ken Wheeler (USA)
音樂: Rockin' With the Rhythm of the Rain - The Judds



RIGHT & LEFT; HEEL, TOUCH, FAN TOGETHER

- 1-2 Touch right heel forward, touch right next to left
- 3-4 Fan right heel out, bring right heel in shifting weight to right
- 5-6 Touch left heel forward, touch left next to right
- 7-8 Fan left heel out, bring left heel in shifting weight to left

JUMP FORWARD, SLIDE BACK, KNEE BENDS; TWICE, WALK FORWARD

- 1& Jump forward on both feet, jump/slide back on balls of both feet
- 2& Bend legs and spread knees outward; heels raised, lower heels straighten legs bringing knees in
- 3& Repeat "1&"
- 4& Repeat "2&"
- 5-6 Step forward on right, left
- 7-8 Repeat "5,6"

TOUCH, STEP, TOUCH, STEP, TOUCH WITH ¼ TURN LEFT, STEP, TOUCH, STEP

- 1-2 Touch right toe to right, step on right next to left
- 3-4 Touch left toe to left, step on left next to right
- 5-6 Touch right toe right while making a ¼ turn left on left, step on right next to left
- 7-8 Touch left toe to left, step on left next to right

WALKS FORWARD, KICK & CLAP, WALKS BACK, STOMP & CLAP

- 1-2 Walk forward on right, left
- 3-4 Walk forward on right, kick left forward & clap
- 5-6 Walk back on left, right
- 7-8 Walk back on left, stomp right next to left & clap (weight centered)

HEEL SWIVELS; RIGHT, CENTER, LEFT, CENTER; TWIST

- 1-2 On balls of both feet; swivel heels right, swivel heels to center
- 3-4 Swivel heels left, swivel heels to center
- 5-8 On balls of both feet, and using your arms..do the twist!; Swivel heels right, swivel heels left, past center, swivel heels right, past center, swivel heels to center shifting weight to left

REPEAT