

Wasting Time

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 1 級數: Intermediate
編舞者: Mike Repko (USA)
音樂: Wonderful Waste of Time - Alabama



RIGHT SIDE ROCK, RIGHT SIDE TOGETHER SIDE: LEFT SIDE ROCK, LEFT SIDE TOGETHER SIDE

1-2 Rock right to right side recover back on to left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Rock left to left side recover back on to right
7&8 Step left to left side, step right next to left, step left to left side

ROCK FORWARD, LOCK STEP TRIPLE BACK, ROCK BACK, FORWARD LOCK STEP TRIPLE

1-2 Rock forward onto right, recover back onto left
3&4 Step back on right, lock left in front of right, step back on right
5-6 Rock back onto left, recover forward onto right
7&8 Step left forward, step lock right behind left, step left forward

RIGHT STEP WITH ¼ TURN LEFT, LEFT SIDE TOGETHER SIDE, ROCK STEP, RIGHT SIDE TOGETHER SIDE

1-2 Step forward right making ¼ turn to left, touch left next to right
3&4 Step left to left side, step right next to left, step left to left side
5-6 Rock back on right, recover back to left
7&8 Step right to right side, step left next to right, step right to right side

ROCK STEP WITH ¼ TURN LEFT, LEFT LOCK STEP FORWARD, RIGHT JAZZ BOX WITH LEFT TOUCH

1-2 Rock back left making ¼ turn left, step forward onto right
3&4 Step left forward, lock step right behind left, step left forward
5-6 Step right over left, step back onto left
7-8 Step right to right side, touch left toe next to right

LEFT SIDE TOGETHER SIDE, CROSS STEP RIGHT, RIGHT SIDE TOGETHER SIDE CROSS STEP LEFT

1&2 Step left to left side, step right next to left, step left to left side
3-4 Step right over left, step back onto left
5&6 Step right to right side, step left next to right, step right to right side
7-8 Step left over right, step back onto right

FORWARD LOCK STEP TRIPLE, ½ STEP PIVOT LEFT, FORWARD LOCK STEP TRIPLE, STEP TOUCH

1&2 Step left forward, lock step right behind left, step left forward
3-4 Step right forward, make ½ turn over left (weight to left foot)
5&6 Step right forward, lock step left behind right, step right forward
7-8 Step forward left, touch right toe beside left

REPEAT