

Wastin' Time

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Advanced
編舞者: Barry Amato (USA) & Dari Anne Amato (USA)
音樂: Don't Waste My Time - Little Big Town



SWAY TWICE, SHUFFLE/DRAW, SYNCOPATED VINE WITH FOOT SWIRL (SEE BREAKDOWN BELOW ON FOOT SWIRL), ROCK STEP

- 1-2 Sway hips right/left shifting weight to appropriate side of each sway
3&4 Shuffle to the right stepping right-left-right with a slight drag of the left foot toward right
5&6 Step left, cross right behind left, open a ¼ turn left stepping forward on left
7 Pivoting a half turn left on the ball of the left foot, pick up right foot and draw a circle with toe to the right as you rotate around
&8 Rock back on the right foot, recover on the left foot

WALK IN SMALL CIRCLE, KICK, CROSS, FULL TWIST TURN, SHUFFLE FORWARD, ½ TURN

- 1-2 Open a ¼ turn right stepping on right foot, open another ¼ turn right stepping on left foot next to right
& Open ½ turn to face original direction and step onto right foot
You should be facing a slight diagonal to the left of original direction
3 Kick left foot low to the ground (point toes)
&4 Step on left foot in place, cross right over left foot
5 Full twist turn to the left to unwind both feet (keep weight shifted to left foot when you recover from turn)
6&7 Shuffle forward right-left-right
&8 Pick left foot up (no higher than ankle) and pivot around ½ turn to the right on ball of right foot, step forward on left foot

BALL CHANGE, CROSS, BALL CHANGE, CROSS, PRESS FORWARD ON RIGHT FOOT, PUSH OFF RIGHT FOOT, THREE STEP TURN (1 ½ TURNS)

- &1-2 Step to the right on ball of right foot, change weight to left foot, cross right over left foot
&3-4 Step to the left on ball of left foot, change weight to right foot, cross left over right foot
5-6 Press ball of right foot forward, push off ball of right foot
7&8 Do a 1 ½ turn to the right stepping right-left-right

BALL CHANGE, CROSS, BALL CHANGE, DRAG, SHUFFLE FORWARD, STEP FORWARD LEFT, TWO STEP TURN RIGHT

- &1-2 Step to the left on ball of left foot, change weight to right foot, cross left over right foot
&3-4 Step to the right on ball of right foot, change weight to left foot, drag right foot into left
5&6 Shuffle forward stepping right-left-right
7&8 Step forward on left foot, pivoting around on ball of left do a full turn forward stepping right-left
As you do this step out right, then left so feet will be shoulder width apart

REPEAT

TAG

After 4 walls

- 1-8 Step right, touch left, step left, touch right, step right, touch left, step left, touch right
Then start the final two walls and end with two slow sways for a finish