### Wastin' Time



拍數: 32 牆數: 4 級數: Advanced

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音樂: Don't Waste My Time - Little Big Town



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

1-2	Swav hips right/left shift	ing weight to appro	opriate 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

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